

summer 2006

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Disclaimer

The City of Chula Vista has made every reasonable effort to determine that everything stated in this brochure is accurate. Courses and programs offered, together with other matters contained herein, are subject to change without notice for reasons related to student enrollment, teacher and location availability, or any other reason at the discretion of the administration.



Recreation Department Inclusion Philosophy

The city of Chula Vista is dedicated to serving the needs of everyone in the community through inclusion programming. Persons with special needs are encouraged to participate in programs. For assistance, please call

Recreation Supervisor, Carmel Wilson, CTRS at (619) 409-5800. A two-week advanced notice is required.

Outside Performances

Many of the Department's recreational class instructors provide additional opportunities to perform at outside programs and special events. These performances and appearances are considered separate from the Recreation Department classes and programs. The Department has no involvement with the performance selection, scheduling, transportation, instructor oversight or liability in connection with these outside performances. Please direct all questions or concerns to the instructor.

The Chula Vista Elementary School District neither sponsors nor endorses this information, activity, or organization. Distribution of this material is provided by the District as a community service. Any questions or comments should be directed to the sponsoring agency.

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Director of Recreation

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Assistant Director of Recreation

Shauna Stokes

Special Events



pet fest and 2k doggy dash

Saturday, June 24
8:00 am

Run, walk or dash to a fun-filled festival for pet lovers in Memorial Park on Saturday, June 24! The Doggy Dash kicks off at 8 a.m. where prizes will be awarded to 1st, 2nd and 3rd place winners. Don't miss SNAP's Neuter Scooter bus, Chula Vista Police canine unit, pet contests, on-site adoptions, low cost clinics, a vendor village, and plenty of fun for families and furry friends alike! All proceeds will benefit the Chula Vista Animal Care Facility. For more information, call the Third Avenue Village Association, (619) 422-1982.



music in the park

Sunday, June 4 -
Sunday, August 27

Enjoy a free public concert series beginning June 4 and continuing through August 27 in various City parks. All concerts will be held on Sunday afternoon from 5:00 - 6:30 p.m. For more scheduling information, call the City's Office of Cultural Arts, (619) 585-5627.

july fourth fireworks

Tuesday, July 4
9:00 pm

Celebrate Independence Day with a spectacular display of fireworks at the Chula Vista Marina. Sponsored by the City of Chula Vista's Department of Recreation. For further details, please call (619) 585-5682.



lemon festival

Sunday, August 13
10:00 am - 5:00 pm

Don't miss this free family festival celebrating Chula Vista's history as the lemon capital of the United States. The event includes live entertainment on two stages, a classic car show, beer gardens, kids fun zone, food, and art. Check out the festivities on Third Avenue between E and H Streets. Third Avenue Village Association, (619) 422-1982.

For more information about events taking place in Chula Vista throughout the year, please call the City's special events hotline at (619) 585-5682; or visit the "Calendar" page on the City's Web site at www.chulavistaca.gov.

Recreation Department



Welcome to the City of Chula Vista Recreation Department's Summer 2006 brochure of events, classes, and programs.

Mission Statement

We enrich our community through recreational opportunities and services.

Vision Statement

Our vision is a community that achieves learning, self-discovery, balance, and essential life skills through recreation.

Our Values

- Integrity
- Respect
- Professionalism
- Accountability
- Commitment
- Teamwork
- Fun

Fun To Be Fit Programs

Look for the oval symbol next to the activities of the brochure for Fun To Be Fit programs for all ages! These programs will be free or of minimal cost. Prizes and T-shirts will be awarded. Join with family and friends to "Get Fit with Chula Vista Recreation!"

Chula Vista is a proud member of the greater San Diego Recreation and Parks Coalition for Health and Wellness.

Rentals

Interested in renting a center, gymnasium, or meeting room for a private party or function? Facility rentals are available at reasonable rates. Call your center of choice for available times and details.

Picnic shelters are available at parks throughout the City. Persons who wish to reserve picnic shelters can do so at the Public Works Center, 7:00 am - 3:00 pm, Monday - Friday. The Public Works Center is located at 1800 Maxwell Road. Please call (619) 397-6197 for more information.

recreation center hours

Summer hours begin June 19

All centers closed on July 4

Community Youth Center

Jimmy Tollefson, Recreation Supervisor II
Eddie Johnson, Recreation Supervisor I
465 L Street (619) 691-5276

Monday - Thursday 12:00 - 8:30 pm
Friday 12:00 - 7:00 pm
Saturday and Sunday 12:00 - 4:00 pm

Parkway Community Center

Frank Carson, Recreation Supervisor III
373 Park Way (619) 691-5083

Monday - Thursday 12:00 - 8:30 pm
Friday 12:00 - 7:00 pm
Saturday - Sunday 12:00 - 4:00 pm

Otay Recreation Center

Michelle Castagnola, Recreation Supervisor II
Berenice Mora, Recreation Supervisor I
3554 Main Street (619) 476-5325

Monday - Thursday 12:00 - 9:45 pm
Friday 12:00 - 7:45 pm
Saturday 7:30 am - 3:45 pm
Sunday 12:00 - 3:45 pm

Loma Verde Center

Sandy Chavez, Recreation Supervisor III
Joseph Mariano, Recreation Supervisor I
1420 Loma Lane (619) 691-5082

Monday - Thursday 12:00 - 8:30 pm
Friday 12:00 - 7:00 pm
Saturday - Sunday 12:00 - 4:00 pm

Heritage Park Community Center

Tony Ramos, Recreation Supervisor II
Lisa Petty, Recreation Supervisor I
1381 East Palomar St. (619) 421-7032

Monday - Thursday 2:00 - 8:00 pm
Friday 2:00 - 7:30 pm
Saturday 12:00 - 4:00 pm
Sunday Closed

Veterans Park and Recreation Center

Victoria Tom, Recreation Supervisor III
Joanne Stout, Recreation Supervisor I
785 East Palomar St. (619) 691-5260

Monday - Friday 9:00 am - 12:00 noon
2:00 - 10:00 pm
Saturday 12:00 - 5:00 pm
Sunday 12:00 - 4:00 pm

Norman Park Center

Karen Harvell, Recreation Supervisor III
Kathy Wigginton, Recreation Supervisor II
270 F Street (619) 691-5086

Mon, Tues, Wed, Fri 8:00 am - 10:00 pm
Thursday 8:00 am - 9:30 pm
Saturday Closed
Sunday 1:00 - 5:00 pm

new recreation center and parks

Opening in June 2006

Monteville Community Park and Recreation Center

Shaun Ellis, Recreation Supervisor III
Shannon Bullock, Recreation Supervisor I
840 Duncan Ranch Road (619) 691-5269

Monday - Friday 2:00 - 10:00 pm
Saturday 8:00 am - 5:00 pm
Sunday 12:00 - 5:00 pm

Salt Creek Park and Recreation Center

Steve Scott, Recreation Supervisor III
Heidi Sorour, Recreation Supervisor I
2710 Otay Lakes Road (619) 585-5739

Monday - Saturday 8:00 am - 10:00 pm
Sunday 12:00 - 5:00 pm



Free Lunch and Snack Program

The Community Youth Center, Loma Verde, Otay, and Parkway will be offering Free Lunches and Snacks to anyone 18 years and under. There is no registration necessary. Lunches and snacks are served on a first come, first served basis. The program will run June 26 - September 1, Monday - Friday. For more information call the center of your choice.



community youth center

Feelin' Good

Mileage Club

Come and join this weekly fitness activity at the Community Youth Center. We will use the Chula Vista High School track. Prizes will be given when certain goals are met. For more info, please call (619) 691-5276.

Mon - Fri 1:00 - 5:00 pm

Wacky Water Day

Wacky Water Day is back! Join in the fun with water balloons and much more wet and wacky fun. Pre-registration is required. **Free**

Ages: 6-13

#9330.285

Tues 3:30 - 5:30 pm
June 6

3-Point Shoot-Out

The 3-Point Shoot-Out is designed for participants to test their long-range basketball shooting skills from multiple spots on the court. Prizes will be given. Pre-registration is required. **Free**

Ages: 8-17

#9330.381

Fri 1:30 - 3:00 pm
July 21

King of the Table

Come show your skills in this billiards tournament. Prizes will be awarded. Pre-registration is required. **Free**

Ages: 8-17

#9330.383

Fri 1:30 - 3:00 pm
August 18

Punt, Pass & Kick

This free program will be held in September, date TBA. Thousands of participants throughout the U.S. will compete in the NFL Pepsi Punt Pass and Kick competition. Ribbons for first-, second-, and third-place winners will be awarded. All participants will receive a certificate. Pre-registration is required. Registration begins August 21. For more information, please call (619) 691-5276.

Ages: 8-15

happenings at heritage

100 Miles at Heritage

Looking for a way to get exercise in a scenic and friendly environment? Sign up for 100-Miles at Heritage. Participants will have ten weeks to walk or run 100 miles around the Heritage Park walking trails. Upon completion, participants will receive a, "I Walked 100 miles at Heritage Park" T-shirt. **Free**

Catch Recreation in Your Parks

Looking for fun and healthy activities in your own backyard? It's time to enjoy your parks. In the Hearts-N-Parks program, we will engage in a variety of FUN activities for all ages. Program will not run from June 12-July 14. **Free**

Ages: 6 and over

Mon - Thu 4:00 - 6:00 pm

Movies in the Moonlight

Pack dinner and enjoy it with your family while watching a G or PG-rated movie. Movies will be announced the day of the event. Movie will begin at dusk. **Free**

June 9, July 14, August 11

Father's Day Crafts

We will have a variety of crafts available for kids to make for Dad. Cost ranges from free to \$2.

June 16 1:30 - 3:30 pm

loma verde rocks

Loma Verde

Creative Corner

This free program for girls and boys, ages 5-14 is designed to introduce participants to a variety of holiday and seasonal crafts. A calendar of craft projects in located at the center.

Ages: 5-14

Tues 3:00 - 4:00 pm

Loma Verde

Sports Club

This free program for boys and girls, ages 6-14 includes instruction on the fundamentals of floor hockey, soccer, baseball, basketball, and flag football. Teamwork and good sportsmanship will be stressed. There will also be swim days and BBQ's.

Ages: 6-14

Thurs 2:30 - 4:00 pm

Ages: 6 and up

Phat Fridays

This free program for boys and girls will have a variety of special activities including popcorn and a movie, building your own sundae, root beer float day, bingo, and dances. For more information on activities check our calendar at the Center or our web site:

www.chulavistaca.gov/rec

Fri 2:30 - 4:00 pm

Spring Dance Recital

Loma Verde Center will show off its performing arts classes and display artwork from various creative classes.

June 28 5:30 - 7:00 pm

Community Centers



Red, White and Blue Day

Enjoy an afternoon of all-American fun! A variety of contests will be held including watermelon eating, water balloon tosses, potato sack races, pie eating and patriotic crafts. Hot dogs will be served. **Free**

July 3 2:00 - 4:00 pm

Christmas in July

Santa will catch some rays at the Loma Verde Center. Come down and participate in Christmas crafts and take a picture with Santa.

July 25 2:30 - 3:30 pm

Swap Meet Saturday

Loma Verde Center will host a parking lot sale to be advertised in the newspaper and various locations. Spaces are limited. Reserve your space early. Cost: \$10.00 per space. Tables will be rented for \$5.00 per table. For more information call 585-5687.

July 29 7:00 am - 1:00 pm

Back to School Dance

Loma Verde Center will host a dance for 5th and 6th grade students. The dance will include prize raffles and Best Hawaiian Costume, Hula Hoop, and Limbo contests. Cover charge: \$1.00 per person

July 27 3:00 - 5:00 pm

Teen Dodgeball Nights

Looking for something to do Friday nights? Come play dodgeball or just hang out at the Center. Free activities include game room, food, and much more.

July 14 8:00 - 11:00 pm

Aug 11 8:00 - 11:00 pm

Club LV Dances

A live DJ will play the best Hip-Hop, Top 40, and Slow Jams. Club LV will have contests, raffles, and much more. Cover charge: \$3.00 per person. For more information call 691-5082.

Dance

July 21 8:00 - 11:00 pm

End of Summer Bash

Aug 25 8:00 - 11:00 pm

on the move at montevalle

Montevalle Kids Fitness Club



Students will learn the basics of a variety of fitness activities by participating in games and friendly competition. Instructors will promote a healthy lifestyle through fun, knowledge, and exercise. **Free**

Ages: 8-14

#4200.350

Fri 3:30 - 4:30 pm

Having A Ball

Montevalle staff will conduct a sports program in the gymnasium. A variety of sports will be played – from indoor soccer to dodge ball. Staff will stress participation, good sportsmanship, and of course fun. **Free**

Ages: 6-14

Tues, Thurs 3:30 - 4:30 pm

Tournament Day

Monday afternoons are tournament day! Join in fun game room competitions – pool, foosball, air hockey and bumper pool. Prizes awarded to winners. **Free**

Mon 3:30 - 5:00 pm

Parents' Night Out

Parents can have a night out while the kids participate in a variety of themed activities. These events include dinner, crafts, movies, and games. Children must be dropped off and picked up from the event.

Fee: \$10.00 per child

Ages: 5-14

Baseball Fun

#9900-350

July 28

Fri 6:00 - 10:00 pm

End of Summer Party

#9900-351

August 25

Fri 6:00 - 10:00 pm

Fun in the Park

Staff will conduct organized activities in the park including flag football, blooper ball, capture the flag, soccer, and more. Staff will stress participation, good sportsmanship, and of course fun. **Free**

Ages: 6-14

Wed 3:30 - 5:00 pm

School's Out Bash

Wall flowers stay home. Throughout the night we will feature a dance contest, an air guitar contest, and much more. All music will be the latest edited hits. Snacks and drinks will be served.

Fee: \$5 per person

Ages: Grades 6th - 8th

School I.D. will be required for attendance

Sept 8

6:00 - 10:00 pm

Take Me Out to the Ball Game

Enjoy a night out with family and friends at Petco Park. Come cheer on the Padres as they take on the L.A. Dodgers (8/23/06) and the Arizona Diamondbacks (9/21/06). Tickets were donated by the Padres Charity Ticket program. All children under the age of 14 must be accompanied by an adult. Ticket and transportation is included with the fee. Sign up now. Space is limited!

Fee: \$5 Resident

\$6 Non-Resident

Montevalle

#9998.350

Wed 5:30 - 11:00 pm

Aug 23

Montevalle

#9998.351

Thurs 5:30 - 11:00 pm

Sept 21

Summer Family Movie Nights

On these balmy summer nights we will show a G- or PG-rated movie in the park on our 20' x 15' screen. Bring chairs, blankets, and whatever you need to make for a comfortable evening. Snacks and drinks will be available for sale. **Free**

June 3 7:30 - 10:00 pm

(Free snacks and drinks June 3)

July 7 7:30 - 10:00 pm

August 4 7:30 - 10:00 pm

Library Story Time Hour

Enjoy our weekly story time sponsored by the Chula Vista Public Library, EastLake branch. Stories, songs, and crafts are among the activities planned for this weekly event. Parents must stay for this activity. **Free**

All Ages

Beginning June 13

Montevalle

Tues 10:30 - 11:30 am



stay's out of sight!

End of School Ice Cream Party

Celebrate the end of school and the beginning of summer at our ice cream party! You can choose from a variety of delicious ice cream flavors and yummy toppings. Then enjoy a movie, play a game, or just hang out and have some fun at the Center. **Free**

Ages: 5-12

June 15 2:00 - 3:00 pm

Totally Tot Fun Fridays

This is a great chance to get your Preschooler to meet other kids and have a great time. If you haven't tried any of our Preschool classes, here is an opportunity to sample what goes on. Each Friday will be a different theme. Pre-registration required.

Ages: 3-5

Preschool Arts & Crafts

June 9 11:00 am - 12:00 pm

Wiggly Worms

June 16 11:00 am - 12:00 pm

Sports Zone

June 23 11:00 am - 12:00 pm

Snow Cone Fridays

Get a nice cool, refreshing treat every Friday in July for only 25 cents. And with so many flavors, you'll have just as much fun making a snow cone, as you will enjoy your treat. After your treat, enjoy a fun-filled day at the center playing games, basketball, and soccer or just hanging out.

Every Friday in July 1:00 pm

Family Fridays Movie Night

Spend the evening watching a movie! We will provide the movie and popcorn to munch on. Drinks are available in our vending machines. Pre-registration is required. **Free**

Every Friday in August 7:30 - 9:30 pm

4th of July BBQ Celebration

Start the summer with a great family BBQ featuring games and crafts. Get ready for the 4th of July holiday by making a kite and other festive crafts. Games include kickball, potato sack races, water balloon toss, 3-legged races and more. We'll cook hot dogs and have drinks available. Registration is required. All ages welcome. **Free**

June 30 1:00 - 3:00 pm

parkway presents

Hip To Be Fit

This program offers cardiovascular exercise, performing dance routines, and other fun aspects of fitness. Prizes will be given out for this eight-week program. Please visit Parkway Community Center or call (619) 691-5083 for more information. **Free**

#9055.365

Wed 4:30 - 5:30 pm
July 12 - August 30

Daddy and Me Teatime

This event gives fathers and daughters an opportunity to spend time together, get dressed-up, and enjoy teatime with others. Event includes teatime games, finger sandwiches, and drinks. Pre-registration is required.

Fee: \$2 Resident / \$3 Non-Resident

Ages: Walking to 5 years

#9066.361

Sat 10:30 - 11:40 am
July 15

Chalk It Up!

Create your own sidewalk art! Chalk is supplied. Children must be accompanied by an adult and all artists are required keep their community chalk, as well as their artwork, within the confines of the square. Pre-registration is recommended. **Free**

Ages: 3-12

#9066.363
August 11 3:00 - 5:00 pm

Family Movie Night

Bring the family, dinner, and snacks! Join us for a G- or PG-rated movie at Memorial Bowl. A fun family night out!

Free

Sat 6:30 - 8:30 pm
September 23

sail away with salt creek

All-American Ice Cream Social

Build your own sundae as we celebrate Independence Day with a variety of your favorite ice-cream flavors and toppings.

Fee: \$3 Resident / \$4 Non-Resident

#9000.333

Salt Creek

Sat 3:00 - 5:00 pm
July 1

Boogie On Back To School

Live DJ, dance contest and back to school door prizes. Come join the fun as we dance the hot summer night away. Refreshments included.

Fee: \$7 Resident / \$9 Non-Resident

Ages: 11-15

#9999.336

Salt Creek

Fri 6:00 - 10:00 pm
July 14

Take Me Out to the Ball Game

Enjoy a night out with family and friends at Petco Park. Come cheer on the Padres as they take on the L.A. Dodgers (8/23/06) and the Arizona Diamondbacks (9/21/06). Tickets were donated by the Padres Charity Ticket program. All children under the age of 14 must be accompanied by an adult. Ticket and transportation is included with the fee. Sign up now. Space is limited!

Fee:

\$5 Resident

\$6 Non-Resident

Salt Creek

#9998.350

Wed 5:30 - 11:00 pm
Aug 23

Salt Creek

#9998.351

Thurs 5:30 - 11:00 pm
Sept 21

Community centers



Story Time

Join the City of Chula Vista Library as Salt Creek hosts Drop Everything and Read (D.E.A.R.) every Monday, starting July 12 - August 31 from 10:15 - 11:30 am. Give your child the gift of reading.

Walk and Talk Club

Enjoy exercising while making new friends and promoting a healthy life style. Meet on the walking path at Salt Creek.

Mon, Wed, Fri 9:00 - 10:30 am

Hercules Club

Members of our fitness club can now join our Hercules Club. Set goals, chart your progress, and reach for the stars as Salt Creek recognizes performance during this year-round program.

Ages: 15 and over

adventures at veterans!

Family Fun Nights

Check out Family Fun Nights at Veterans Recreation Center. Drop by and enjoy activities like table tennis, foosball, pool, basketball, board games, bingo, craft projects, and more. All activities are offered on a drop-in basis and do not require registration. I.D. required to check out equipment. **Free**

July 13 5:00 - 7:00 pm
August 17 5:00 - 7:00 pm
Sept. 28 5:00 - 7:00 pm

SHARK

(Start Healthy, Active Recreation for Kids)

SHARK provides kids an opportunity to enrich their sports skills by participating in a safe, positive, and non-competitive program. Nutrition instruction will encourage your children to make healthy lifestyle choices. Prizes and incentives will be provided in this 8-week program. **Free**

Ages: 5-10
#9900.311

Mon, Wed 4:00 - 5:00 pm



VERB Crossover

Don't be surprised if you start hearing words like "Bas-Kickball", "Hoop-Scotch", and "Basket-Tag". When basketball is crossed with other sports and activities, the result is VERB Crossover. VERB = Action, so get active and have fun doing it! 8-week program. **Free**

Ages: 9-13
#9910.311

Fri 2:30 - 4:00 pm

Kids' Night Out

Parents can have the night out, while the kids participate in a variety of activities. Activities include: dinner, crafts, movies, and games.

Fee: \$10 Resident / \$15 Non-Resident

Ages: 5 and over
#2155.211

June 16 6:00 - 10:00 pm

#2155.311

August 4 6:00 - 10:00 pm

Pajama Story Night

Bring your friends and family! Enjoy wonderful stories with our amazing storyteller. Pajamas and stuffed toy are optional. **Free**

Ages: 18 months and over

June 27 7:00 - 7:30 pm
July 25 7:00 - 7:30 pm
August 22 7:00 - 7:30 pm
Sept. 19 7:00 - 7:30 pm

Family Field Day

Bring the family and join us for a day of fun outdoor activities as we celebrate Parks and Recreation Month. There will be three-legged races, an obstacle course, a water balloon toss, and a relay race for the entire family. Sign-up at the Recreation Center by Thursday, July 13.

Free

Sat 11:00 am - 1:00 pm
July 15

Movies in the Moonlight

Pack your dinner and enjoy it with your family while watching a G- or PG-rated movie. Movie will begin at dusk. **Free**

July 28 8:00 pm
August 25 7:30 pm
Sept. 22 7:30 pm

Let The Games Begin!

June - September

Mondays
Softball
Ages: 10-15

4:00 - 6:00 pm

Adult

6:00 - 10:00 pm

Wednesdays
Flag Football
Ages: 10-15

4:00 - 6:00 pm

Adult

6:00 - 10:00 pm

Thursdays
Soccer
Ages: 10-15

4:00 - 6:00 pm

Adult

6:00 - 10:00 pm

Story Time

Join the City of Chula Vista Library as Veterans hosts Drop Everything and Read (D.E.A.R.) every Friday, starting June 16 - September 1 from 10:30 - 11:30 am. Give your child the gift of reading.

Summer classes



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

preschool • kids

Preschool Karate

Learn the basics of karate including basic body movement and placement, as well as timing. Parent participation is encouraged.

Instructor: Jessica Hickman

Session Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

Youth Center
#0030.381 Thurs 3:15 - 4:00 pm

Parkway
#0030.361 Tues 3:15 - 4:00 pm

Instructor: Gary Amen
Fee: \$31 Resident
\$38 Non-Resident

Ages: 3-5

Beginning Otay
#0030.342 Thurs 3:00 - 3:45 pm

Veterans
#0030.311 Thurs 4:15 - 5:00 pm

Veterans
#0030.312 Sat 11:00 - 11:30 am

Loma Verde
#0030.321 Wed 3:30 - 4:15 pm

Monteville
#0030.350 Mon 3:00 - 3:45 pm

Monteville
#0030.351 Tues 3:00 - 3:45 pm

Intermediate Otay

#0030.344 Tues 3:00 - 3:45 pm

Loma Verde
#0030.322 Wed 4:20 - 4:50 pm

Mom (or Dad) and Me

The primary goal of this class is to develop socialization skills through exposure to other children. The activities will be geared toward interaction between parent and child. Parents will also find this class to be a valuable way to share their child-rearing experiences with other parents.

Instructor: Roxanne Knight

Fee: \$36 Resident
\$44 Non-Resident

Ages: 18 months - 3 years

Parkway
#0001.361 Mon 10:00 - 11:00 am

Bumble Bee Sports

The 9-week Bumble Bee Sports program is designed to provide an introduction to sports and motor-skills development for little athletes. Includes T-shirt, sports photo, and award. Parents are encouraged to attend.

Instructor: Staff

Fee: \$85 Resident
\$105 Non-Resident

Ages: 2-3

T-Ball /Soccer Otay
#0150.341 Thurs 4:00 - 4:45 pm
Fri games 4:00 - 4:45 pm

T-Ball /Soccer Otay
#0150.342 Tues 11:00 - 11:45 am
Thu games 11:00 - 11:45 am

Soccer/Basketball Heritage
#0150.301 Fri 3:30 - 4:15 pm
Sat games 10:00 - 10:45 am

Ages: 4-5

T-Ball /Soccer Otay
#0150.343 Thurs 5:00 - 5:45 pm
Fri games 5:00 - 5:45 pm

Soccer/Basketball Heritage
#0150.302 Fri 4:30 - 5:15 pm
Sat games 11:00 - 11:45 am

Me, You, and Fun Too!

You and your child will enjoy quality bonding time enjoying arts and crafts, storytelling, circle time, music and movement, and more.

Instructor: Staff

Fee: \$37 Resident
\$45 Non-Resident

Ages: 18 months - 3 years

Otay
#0280.341 Tues 4:00 - 5:00 pm

Otay
#0280.342 Thurs 12:00 - 1:00 pm

Tiny Tots

This program is designed to provide stimulating and enjoyable experiences for youngsters during their first step away from home. We recommend that children who are registered for four days try classes at each center to get exposure to more than one instructor. Parents provide daily snacks. All participants must be completely potty trained. Proof of age is required at the first class meeting.

Instructor: D. Sakamoto (PW), I. Pike (V)
M. Campos (LV), Sullivan-Rupic (M),
J. Nucup (SC)

Fee: \$88 Resident
\$110 Non-Resident

Ages: 3-5

Parkway (8 weeks)
#0090.361 Tues, Thurs 9:00 - 11:50 am

Parkway (8 weeks)
#0090.363 Wed, Fri 9:00 - 11:50 am

Monteville (8 weeks)
#0090.350 Tues, Thurs 9:00 - 11:50 am

Monteville (8 weeks)
#0090.351 Wed, Fri 9:00 - 11:50 am

Salt Creek (8 weeks)
#0090.333 Tues, Thurs 9:00 - 11:50 am

Salt Creek (8 weeks)
#0090.334 Wed, Fri 9:00 - 11:50 am

Loma Verde (8 weeks)
#0090.322 Tue, Thurs 9:00 - 11:50 am

Loma Verde (8 weeks)
#0090.324 Wed, Fri 9:00 - 11:50 am

Fee: \$110 Resident
\$138 Non-Resident

Ages: 3-5

Veterans (10 weeks)
#0090.311 Tues, Thurs 9:00 - 11:50 am

Veterans (10 weeks)
#0090.312 Wed, Fri 9:00 - 11:50 am

Tot Fun Hour

Join us for an hour of reading, dancing, singing, crafts, and more. Themes include, Dr. Seuss, Berenstain Bears, fairy tales, and rhymes. Your child will learn ABCs, numbers, social skills and motor skills.

Instructor: Staff
Fee: \$40 Resident
\$49 Non-Resident

Ages: 4-5

Heritage 5 week class
#0030.301 Tues, Thurs 11:00 am - 12:00 pm

Summer classes



preschool • kids

Little Hands

You and your child will love spending time exploring, creating, and making messes in this fun and stimulating class. Children create a variety of projects. Expect a mess! Class requires parent participation. Materials are included.

Instructor: Staff
Fee: \$29 Resident
\$35 Non-Resident

Ages: 18 months - 3 years

	Heritage	
#0020.301	Thurs	9:45 - 10:15 am
	Veterans	
#0020.311	Mon	10:00 - 10:30 am
	Veterans	
#0020.312	Wed	3:30 - 4:00 pm

Ages: 3-5

	Heritage	
#0025.301	Thurs	9:00 - 9:30 am
	Veterans	
#0025.311	Mon	10:45 - 11:15 am

Apples to Zebras

Make learning the ABCs fun through games, songs, and arts and crafts. Each child will have an alphabet book to take home.

Instructor: Staff
Fee: \$53 Resident
\$65 Non-Resident

Ages: 3-5

	Otay	
#0240.341	Mon, Wed	11:15 am - 12:00 pm
	Loma Verde	
#0240.321	Tue, Thurs	1:15 - 2:00 pm

Learn and Play

Designed for children with more than one interest. Includes arts and crafts, music and movement, language and number development, and sports clinics. Each week your child will bring home an item showing their accomplishments. Parent participation encouraged.

Instructor: Staff
Fee: \$73 Resident
\$91 Non-Resident

Ages: 3-5

	Otay	
#0230.341	Tue, Thurs	9:15 - 10:45 am

Little Sport Stars

Boys and girls will learn how to play popular sports their favorite stars play, including soccer, baseball, football, and more. Sign up early-space is limited!

Instructor: Staff
Fee: \$30 Resident
\$38 Non-Resident

Ages: 3-5

	Chula Vista Youth Center	
#0220.381	Wed	3:15 - 4:00 pm

Ages: 5-7

	Chula Vista Youth Center	
#0220.382	Wed	4:15 - 5:00 pm
	Loma Verde	
#0220.321	Thurs	4:30 - 5:15 pm

Wiggly Worms

Let's play together! We'll sing, dance, and shout to try to get our wiggles out. We will have games, obstacle courses, plus music and movement activities. Develop both physical and social skills while having a great time.

Instructor: Staff
Fee: \$41 Resident
\$50 Non-Resident

Ages: 18 months - 3 years

	Otay	
#0210.341	Tues	12:00 - 12:45 pm
	Veterans	
#0210.311	Tues	11:30 am - 12:15 pm

Mighty Tykes

Become a mighty tyke and burn lots of energy through interactive games and fun movement activities. While having fun, Preschoolers will learn social and physical skills, while working on gross motor skills such as running and jumping.

Instructor: Staff
Fee: \$41 Resident
\$50 Non-Resident

Ages: 3-5

	Otay	
#0220.341	Mon	4:15 - 5:00 pm
	Veterans	
#0220.311	Tue	11:30 am - 12:15 pm

Preschool Hip Hop

This class is designed for the little dancers who want to have fun learning the basic hip hop moves.

Instructor: C. Perez and Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

	Otay	
#0200.341	Mon	6:15 - 6:45 pm
	Otay	
#0200.342	Wed	4:00 - 4:30 pm
	Loma Verde	
#0200.321	Sat	9:30 - 10:00 am
	Heritage	
#0200.301	Fri	5:15 - 5:45 pm
	Monteville	
#0200.350	Thurs	4:30 - 5:00 pm
	Parkway	
#0200.361	Thurs	4:30 - 5:00 pm
	Salt Creek	
#0200.333	Tues	5:30 - 6:00 pm

Kreative Wonders

This class builds children's perceptual and locomotor skills, and self-esteem. 5-week session.

Instructor: C. Paseman
Fee: \$30 Resident
\$37 Non-Resident

Ages: 18 months - 5 years

Toddler Gym

(w/adult) 18 months - 2-1/2 years

	Heritage	
#0050.301	Wed	9:00 - 9:40 am
	Heritage	
#0050.302	Fri	9:00 - 9:40 am
	Heritage	
#0050.303	Fri	9:45 - 10:25 am
	Heritage	
#0050.304	Sat	9:00 - 9:40 am
	Salt Creek	
#0050.331	Tues	9:00 - 9:40 am

Kinder Gym

(w/adult) 2-1/2 years - 3-1/2 years

	Heritage	
#0055.301	Wed	9:45 - 10:25 am
	Heritage	
#0055.302	Fri	10:30 - 11:10 am



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

- #0055.303** **Heritage**
Sat 9:45 - 10:25 am
- #0055.331** **Salt Creek**
Tue 9:45 - 10:25 am

Kinder Gym 2 3-1/2 - 5 years

- #0060.301** **Heritage**
Wed 10:30 - 11:10 am
- #0060.302** **Heritage**
Sat 10:30 - 11:10 am
- #0060.331** **Salt Creek**
Tue 10:30 - 11:10 am

Preschool Belly Dancing

Students will learn basic belly dancing movements, as well as dancing with veils to prepare for student performance. Hip scarf's and veils are required by second class.

Instructor: C. Martinez
Fee: \$44 Resident
\$55 Non-Resident

Ages: 3-5

- #0180.321** **Loma Verde**
Wed 3:30 - 4:00 pm

Preschool Ballet Folklórico

This fun and festive class teaches the basics of graceful and exciting Folklórico dance.

Instructor: M. Sanchez
Fee: \$25 Resident
\$30 Non-Resident

Ages: 1-5

- #0210.311** **Veterans**
Wed 4:15 - 4:45 pm
- #0210.321** **Loma Verde**
Thurs 4:15 - 4:45 pm
- #0210.350** **Monteville**
Tue 4:00 - 4:45 pm
- #0210.351** **Monteville**
Thurs 5:00 - 5:45 pm
- #0210.335** **Salt Creek**
Thurs 3:20 - 3:50 pm

Preschool Latin Dance

The music alone will make your kids want to tap their toes. Beginning students learn the basics of Latin dances in an exciting atmosphere.

Instructor: M. Sanchez
Fee: \$25 Resident
\$30 Non-Resident

Ages: 1-5

- #0210.325** **Loma Verde**
Tue 5:15 - 5:45 pm
- #0210.333** **Salt Creek**
Tue 3:30 - 3:50 pm

Preschool Traditional Dance Folklórico Mexicano

Fun and festive basic recreational instruction in various regional dances. Emphasis is on developing rhythm and motor skills.

Instructor: Y. Chacón-Benitez
Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

- #0140.362** **Parkway**
Sat 9:30 - 10:00 am

Preschool Jazz Dance

Students will learn Jazz dance techniques; stretching, center, across-the-floor, turns, and combinations set to contemporary Jazz music.

Instructor: C. Perez and Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 3-5

- #0180.333** **Salt Creek**
Fri 4:00 - 4:30 pm

Preschool Ballet and Tap

Learn elementary techniques of ballet and tap to help develop motor learning skills, with increased emphasis on creative movement combined with imagination and FUN! This course also covers routines, rhythm, coordination, and stretching.

Instructor: C. Perez and Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 2-6

- #0120.341** **Otay**
Wed 4:30 - 5:00 pm

- #0120.350** **Monteville**
Wed 4:00 - 4:30 pm

Ages: 3-5

- #0110.388** **Chula Vista Youth Center**
Sat 12:30 - 1:00 pm
- #0110.363** **Parkway**
Tue 4:00 - 4:30 pm
- #0110.321** **Loma Verde**
Mon 4:15 - 4:45 pm
- #0110.311** **Veterans**
Mon 5:00 - 5:30 pm

Preschool Ballet

First position, second position and FUN! Learn simple ballet techniques and terminology. Emphasis on basic motor skills, creative movement, and imagination.

Instructor: C. Perez and Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

- #0110.361** **Parkway (new students)**
Mon 3:30 - 4:00 pm
- #0110.362** **Parkway (returning students)**
Mon 4:00 - 4:30 pm
- #0110.301** **Heritage (new students)**
Thurs 5:00 - 5:30 pm
- #0110.302** **Heritage (returning students)**
Thurs 5:30 - 6:00 pm
- #0110.303** **Heritage (new students)**
Fri 4:15 - 4:45 pm
- #0110.304** **Heritage (returning students)**
Fri 5:45 - 6:15 pm
- #0110.326** **Loma Verde (new students)**
Fri 4:00 - 4:30 pm
- #0110.327** **Loma Verde (returning students)**
Fri 4:30 - 5:00 pm
- #0110.344** **Otay**
Wed 5:00 - 5:30 pm
- #0110.385** **Chula Vista Youth Center**
Thurs 4:00 - 4:30 pm
- #0110.350** **Monteville (new students)**
Mon 3:00 - 3:30 pm
- #0110.351** **Monteville (returning students)**
Mon 3:30 - 4:00 pm
- #0110.333** **Salt Creek**
Tue 5:00 - 5:30 pm

Summer classes



preschool • kids

Preschool Tap Dance

This class offers heel and toe-tapping fun! Emphasis on motor skills and using creative movement with imagination. Performances are scheduled when available.

Instructor: C. Martinez
Fee: \$45 Resident
\$55 Non-Resident

Ages: 4-5

#0120.336 Salt Creek Sat 12:30 - 1:00 pm

Preschool Creative Dance

Learn dance techniques in a fun and different way! Improve coordination, attention span, and the ability to express through movement, music and fun.

Instructor: C. Perez
Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

#0201.301 Heritage Fri 4:45 - 5:15 pm

#0201.336 Salt Creek Fri 4:30 - 5:00 pm

Creating Your Dance

Toddlers learn to dance using their imagination through everyday movements. Class involves stretching, rhythm, and coordination.

Instructor: A. Ramirez
Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

#1920.311 Veterans Fri 4:45 - 5:30 pm

Preschool Ballet and Tap

Come and introduce your child to dance in this fun environment. Musicality and coordination skills will be developed while learning the basics of ballet and tap.

Instructor: F. Alvarez
Fee: \$35 Resident
\$43 Non-Resident

Ages: 3-5

#0130.350 Monteville Tues 11:30 am - 12:00 pm

Dancing with Shapes and Color

Toddlers learn shapes and colors through different dance moves, music, games, and theatrical play. Also included are small art and crafts projects. Last day of class toddlers will receive certificate and picture. This is a fun, interactive, and energetic class!

Instructor: A. Ramirez
Fee: \$49 Resident
\$60 Non-Resident

Ages: 3-5

#0437.321 Loma Verde Tues, Thurs 3:00 - 4:00 pm

#1910.311 Veterans Mon, Fri 3:30 - 4:30 pm

Dancing with Letters and Numbers

Toddlers learn letter recognition, letter sound, writing letters, and first steps to reading. They will also learn fun songs, games, arts and crafts, theatrical play, and dancing. Also included in this fun energetic class – a certificate with a picture – given to all of the students at the end of the session.

Instructor: A. Ramirez
Fee: \$48 Resident
\$59 Non-Resident

Ages: 3-5

#0092.361 Parkway Tues, Thurs 10:00 - 11:00 am

"Baby Signs" Parent Workshop

Show your baby how to talk by using simple signs and gestures. Your baby can communicate his or her wants and needs and therefore decrease their frustration and boost their self-confidence. Participants will receive the Baby Signs Parent Kit.

Instructor: J. Cayabyab
Fee: \$60 Resident
\$74 Non-Resident

Couples \$80 Resident
\$99 Non-Resident

Ages: Adults

#3810.311 Veterans July 15 11:30 am - 12:15 pm

"Sign, Say and Play"

A Baby Signs Program

This six-week class for both babies and parents is designed with a broader educational goal in mind. By embedding the learning of signs in activities that promote cognitive, social, language, literacy, and sensory-motor development, this class teaches parents specific ways to provide support in areas that all babies need to make the most of their critical first three years. Fee includes materials.

Instructor: J. Cayabyab
Fee: \$140 Resident
\$174 Non-Resident

Ages: 6 months - 3 years

#3815.311 Veterans Sat 11:30 am - 12:15 pm
July 22 - Aug 21

Sing, Sign, and Play-Mommy and Me Class

Come play with your child, while learning American Sign Language. Learn how signing can help you to communicate with your baby before they can talk and help your 13-24 month old through those frustrating toddler years.

Price includes materials.

Instructor: L. Albertson
Fee: \$125 Resident
\$155 Non-Resident

Ages: 6-12 months

#0070.350 Monteville 6 week class Wed 9:00 - 9:50 am

#0070.351 Monteville 6 week class Sat 9:00 - 9:50 am

Ages: 13-24 months

#0070.352 Monteville Wed 10:00 - 10:50 am

#0070.353 Monteville Sat 10:00 - 10:50 am



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Little Dunkers "Basketball"

Learn the basics of dribbling, shooting, defense, and passing. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

July 11 - August 8

Veterans

#0330.311 Tues 4:00 - 4:45 pm

August 17 - September 14

Veterans

#0330.312 Thurs 4:00 - 4:45 pm

Ages: 4-5

July 11 - August 8

Veterans

#0335.311 Tues 5:00 - 5:45 pm

August 17 - September 14

Veterans

#0335.312 Thurs 5:00 - 5:45 pm

Little Sluggers "T-Ball"

Learn the basics of catching, throwing, and hitting. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

July 13 - August 10

Veterans

#0330.313 Thurs 4:00 - 4:45 pm

August 15 - September 12

Veterans

#0330.314 Tues 4:00 - 4:45 pm

Ages: 4-5

July 13 - August 10

Veterans

#0335.315 Thurs 5:00 - 5:45 pm

August 15 - September 12

Veterans

#0335.316 Tues 5:00 - 5:45 pm



Pee Wee Sports

Your little one will enjoy this introduction to T-Ball, Basketball, Soccer and many other sports. Skills and sportsmanship are taught in a fun, non-competitive setting by trained coaches.

Instructor: Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 3-5

Parkway

#0098.368 Tues 3:00 - 3:50 pm

Mommy and Me Creative Dance

Have fun learning new dance moves with your little one. This class will incorporate various forms of dance and lots of imagination with a primary focus on ballet.

Instructor: F. Alvarez
Fee: \$35 Resident
\$43 Non-Resident

Ages: 3-4

Monteville

#0130.351 Tues 11:00 - 11:30 am

Creative Hands

Come join your child in a class that will help inspire their imagination with hands on fun. Children will have fun making a variety of art projects. Dress for a mess in this child oriented art class. Parent participation is required. Materials are included.

Instructor: Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 3-5

Monteville

#3200.350 Thurs 3:30 - 4:15 pm

Wiggles and Giggles

Babies from birth to crawling will increase awareness, motor skills, and rhythm while enjoying music and movement. This is a parent participation class and each baby needs to bring a grown-up.

Instructor: T. Byer
Fee: \$42 Resident
\$52 Non-Resident

Ages: Infant to Crawling
Monteville

#0060.350 Thurs 10:00 - 10:45 am

Monteville

#0060.351 Fri 10:00 - 10:45 am

Little Kickers Soccer

Learn the basics of dribbling, shooting, defense, and passing. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

July 14 - August 11

Monteville

#0330.350 Fri 4:00 - 4:45 pm

August 19 - September 16

Monteville

#0330.351 Sat 10:00 - 10:45 am

Ages: 4-5

July 14 - August 11

Monteville

#0335.350 Fri 5:00 - 5:45 pm

August 19 - September 16

Monteville

#0335.351 Sat 11:00 - 11:45 am

Diaper Daredevils

Parent and child explore gymnastics and develop motor skills and hand/eye coordination using gymnastics equipment. Taught by a former Olympic gymnast.

Instructor: J. Jensen
Fee: \$44 Resident
\$54 Non-Resident

Ages: Walking to 36 months

Parkway

#0080.361 Fri 3:00 - 3:45 pm

Monteville

#0080.350 Mon 10:00 - 10:45 am

Monteville

#0080.352 Tues 10:00 - 10:45 am

Summer Classes



performing arts

Little Athletes Track and Field

Running, jumping, and throwing are just some of the skills that will be taught in this hi-octane class. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

July 15 - August 12

Montevelle
#0330.352 Sat 10:00 - 10:45 am

August 18 - September 15

Montevelle
#0330.353 Fri 4:00 - 4:45 pm

Ages: 4-5

July 15 - August 12

Montevelle
#0335.352 Sat 11:00 - 11:45 am

August 18 - September 15

Montevelle
#0335.353 Fri 5:00 - 5:45 pm

Super Tots

Activities include loco motor warm up, circuit training on kid size gymnastics apparatus to develop gymnastics skills rhythm, strength, motor skills and flexibility. Taught by a former Olympic gymnast.

Instructor: J. Jensen
Fee: \$44 Resident
\$54 Non-Resident

Ages: 3-5

Parkway
#0080.362 Fri 4:00 - 4:45 pm

Montevelle
#0080.351 Mon 11:00 - 11:45 am

Montevelle
#0080.353 Tues 11:00 - 11:45 am

Preschool Tennis

This class is an introduction to the sport of tennis in a fun atmosphere. Children learn to play with tennis balls and racquets while increasing their hand-eye coordination and motor skills. Students will learn while playing games and interacting with each other.

Instructor: J. Villanueva

Fee: \$60 Resident
\$74 Non-Resident

Ages: 4-5

Montevelle
#0140.312 Tues 10:00 - 10:45 am
6 week class

performing arts

Ballet

You'll improve your poise as you learn ballet steps, techniques and terminology. This course covers ballet combinations, rhythm, coordination and stretching.

Instructor: C. Perez and Staff

Fee: \$30 Resident
\$36 Non-Resident

Ages: 4-6, Level 1

Heritage
#1230.301 Thurs 6:00 - 6:30 pm

Ages: 6 and over, Level 1

Veterans
#1230.311 Mon 5:45 - 6:30 pm

Otay
#1230.342 Wed 5:30 - 6:15 pm

Chula Vista Youth Center
#1230.383 Thurs 4:30 - 5:15 pm

Salt Creek
#1230.335 Fri 6:30 - 7:15 pm

Salt Creek
#1230.336 Sat 2:30 - 3:15 pm

Ages: 6 and over, Level 1 and 2

Heritage
#1235.302 Fri 6:15 - 7:00 pm

Loma Verde
#1235.324 Fri 5:00 - 5:45 pm

Parkway
#1220.361 Mon 4:30 - 5:15 pm

Montevelle
#1240.350 Mon 4:45 - 5:30 pm

Ages: 8 and over, Level 3 and 4

Montevelle
#1240.351 Mon 5:30 - 6:15 pm

Heritage

#1240.301 Thurs 6:30 - 7:15 pm

Ages: Teen 13 and over

Salt Creek
#1245.333 Tues 6:45 - 7:45 pm

Ages: Adult 16 and over

Salt Creek
#1255.336 Sat 3:15 - 4:15 pm

Jazz / Hip-Hop

Learn basic dance techniques, combinations and terminology. Develop coordination, flexibility, rhythm and performance presence.

Instructor: C. Perez
Fee: \$45 Resident
\$55 Non-Resident

Ages: 6 and over

Beginning Heritage
#1610.301 Wed 4:00 - 4:45 pm

Salt Creek
#1610.335 Sat 1:00 - 1:45 pm

Ballet and Tap

Girls and boys will enjoy this fun-filled class learning new dancing styles and the latest techniques of ballet and tap. Teaching kids to dance at a young age helps them develop athletic prowess as well as self-confidence. Plus, they'll have a great time!

Instructor: C. Perez and Staff

Fee: \$30 Resident
\$36 Non-Resident

Ages: 5-9

Chula Vista Youth Center
#1230.384 Sat 1:00 - 1:45 pm

Parkway
#1230.361 Tues 5:00 - 5:45 pm

Ages: 5-12

Loma Verde
#1230.321 Mon 4:45 - 5:30 pm

Veterans
#1230.312 Fri 6:00 - 6:45 pm

Ages: 6-12

Montevelle
#1230.350 Wed 4:30 - 5:15 pm

Chula Vista Youth Center
#1235.386 Sat 1:45 - 2:30 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Jazz Dance

Students will learn Jazz dance techniques; stretching, center, across-the-floor, turns and combinations set to contemporary Jazz music.

Instructor: C. Perez and Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 5-10

Monteville
#1610.350 Tue 4:00 - 4:45 pm
Salt Creek
#1180.333 Fri 5:45 - 6:30 pm

Hip Hop

Want to learn basic hip hop, or improve your dance skills? You'll dance to great music, meet new people and have fun!

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$36 Non-Resident

Ages: 6-13

Chula Vista Youth Center
#1365.381 Tues 7:00 - 7:45 pm
Parkway
#1365.362 Thurs 5:00 - 5:45 pm
Monteville
#1365.350 Thurs 5:00 - 5:45 pm

Ages: 6 and over

Otay
#1365.342 Mon 6:45 - 7:30 pm
Loma Verde
#1365.322 Sat 10:00 - 10:45 am
Salt Creek
#1365.333 Tues 6:00 - 6:45 pm

Ages: 14 and over

Chula Vista Youth Center
#1365.382 Tues 8:00 - 8:45 pm
Loma Verde
#1365.323 Sat 11:30 am - 12:15 pm
Monteville
#1370.350 Thurs 5:45 - 6:30 pm

Afro Cuban Rhythms

What are congas, timbales and bongos? Find out when you learn how to play and perform several Afro Cuban instruments. Instructor, Juan Sanchez, has trained with some of the best international musicians, including Emilio Camacho, Tom Float, Erick Mabre, and Mark Lambson.

Fee: \$45 Resident
\$55 Non-Resident

Ages: 8 and over

Beginning

Chula Vista Youth Center
#1311.383 Wed 7:00 - 8:00 pm

Intermediate / Advanced

Chula Vista Youth Center
#1311.389 Wed 7:00 - 8:00 pm

Youth Belly Dancing

Colorful Middle Eastern outfits with lots of sparkles give this belly dancing class an exotic feel. Students will learn rhythm, coordination and stretching.

Instructor: L. Stacey
Fee: \$30 Resident
\$36 Non-Resident

Ages: 6-12

Chula Vista Youth Center
#1410.381 Mon 6:00 - 7:00 pm
Instructor: Aragon-Weisner
Fee: \$37 Resident
\$45 Non-Resident

Ages: 6-12

Heritage
#1410.301 Tues 5:00 - 5:50 pm

Youth to Adult Belly Dancing

The class will teach you to do beautiful arm movements, shimmies, and coordination, and isolations. Hip scarf's and veils required by second class.

Instructor: C. Martinez
Fee: \$40 Resident
\$49 Non-Resident

Ages: 6-18

Loma Verde
#1454.324 Mon 6:00 - 6:50 pm

Belly Dancing

This ancient and beautiful art form has many movements that are thousands of years old. The class combines movements, veils and finger cymbals with dance.

Instructor: L. Stacey (YC), C. Martinez (PW)
D. Aragon-Weisner (HC)
Fee: \$45 Resident
\$55 Non-Resident
\$8 for single class at Parkway

Ages: Adults

Chula Vista Youth Center
#1540.381 Mon 6:00 - 7:00 pm
Parkway
#1540.362 Wed 6:30 - 7:20 pm

Heritage

#1540.301 Mon 6:00 - 6:50 pm

Monteville

#1540.350 Tues 7:00 - 7:50 pm

Loma Verde

#1540.321 Mon 7:00 - 7:50 pm

Beginning Flamenco Dance

This class consists of flamenco exercise patterns to develop grace, agility, rhythm and coordination in children. The class will introduce children to the joys of flamenco dance and prepare choreography for the student performance.

Instructor: C. Perez and Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 5-10

Salt Creek
#1480.336 Fri 5:00 - 5:45 pm

Flamenco Dance

Flamenco is one of the most renowned and beautiful of all Spanish dances. Students will develop self-confidence, rhythm, teamwork, poise, stage presentation and preparation for public appearances. Practice items and costume costs are in addition to class fees.

Instructor: D. Weisner
Fee: \$45 Resident
\$55 Non-Resident

Ages: 6 and over

Heritage
#1470.301 Tues 6:00 - 6:50 pm

Tap Dance (Level 1)

Tap is a great way to learn coordination and develop a sense of rhythm. Emphasis is on basic steps, rhythm, easy routines and having fun.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$36 Non-Resident

Ages: 6 and over

Monteville
#1205.350 Mon 4:00 - 4:45 pm
Salt Creek
#1205.336 Sat 1:45 - 2:30 pm

Summer Classes



performing arts

Adult Tap Dance

Toe-tappin' fun, learning basic steps through intermediate routines. Great cardio exercise, great class! Tap shoes required at the second class meeting.

Instructor: C. Schroeder

Fee: \$25 Resident
\$30 Non-Resident

Ages: 16 and over

Parkway
#1260.362 Mon 7:00 - 7:50 pm

Hawaiian Dance

Learn the Dances of Hawaii, New Zealand, and Tahiti. This class has an emphasis on show dancing. Students will learn three regional dances in each class, including Poi Balls from New Zealand and much more.

Instructor: M. Tuminting

Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-12

Chula Vista Youth Center
#1282.381 Tues 5:00 - 5:50 pm

Ages: 13 - Adult

Chula Vista Youth Center
#1282.386 Tues 6:00 - 6:50 pm

Ballet Folklorico-Xochitl

Instruction offered in regional dances with emphasis on stage presence, self-confidence and projection. Performances are given throughout the year. Costuming cost not included in fee.

Instructor: M. Sanchez

Fee: \$25 Resident
\$30 Non-Resident

Ages: 6 and over

Monteville
#1250.350 Tues 5:00 - 5:45 pm

Monteville
#1250.351 Thurs 6:00 - 6:45 pm

Veterans
#1245.311 Wed 5:00 - 5:45 pm

Move-in-Line

Progressive Line Dancing

Join an exercise class with exciting choreography to a variety of musical selections that will keep you asking for more. Bring your friends and neighbors to join in an activity that is fun and healthy for all ages.

Fee: \$25 Resident
\$30 Non-Resident

Ages: 13 and over

Ultra Beginners

Veterans
#1510.311 Mon 6:30 - 7:30 pm

Improvers

Veterans
#1510.312 Mon 7:30 - 9:00 pm

Intermediate

Veterans
#1510.313 Mon 7:00 - 9:00 pm

Fee: \$41 Resident
\$50 Non-Resident

Both Improvers and Intermediate

Veterans
#1510.314 Mon 7:30 - 9:00 pm
Thurs 7:00 - 9:00 pm

Dance Technique – Folklorico Mexicano

Structured for intermediate abilities. Class includes skirt movements and stage presentations.

Instructor: Y. Chacon-Beniquez

Fee: \$25 Resident
\$30 Non-Resident

Ages: 11-20 (Girls only)

Parkway
#1260.361 Sat 3:00 - 3:50 pm

Latin Dance

Beginners will enjoy the basics of graceful and exciting Latin dance movements and techniques. Learn rhythm and listening skills.

Instructor: M. Sanchez
Fee: \$25 Resident
\$30 Non-Resident

Ages: 6-14

Loma Verde
#1310.325 Tues 6:00 - 6:50 pm

Traditional Dance

Folklorico Mexicano

Learn traditional, regional Mexican dances and perform them on stage! Instruction emphasizes stage presence, self-confidence and projection. Costuming cost not included in fee. Instruction approval required for Level 2, Intermediate and Advanced classes.

Instructor: Y. Chacón-Beniquez

Fee: \$25 Resident
\$30 Non-Resident

Beginning **Ages: 6 and over**
Parkway (Level 1)

#1245.363 Sat 11:00 - 11:50 am

Beginning **Ages: 18 and over**
Parkway (Level 2)

#1245.362 Sat 10:00 - 10:50 am

Emerging **Ages: 11-20**
Parkway

#1245.361 Sat 1:00 - 1:50 pm

Intermediate **Ages: 7 and over**
Parkway (Level 1)

#1250.363 Sat 2:00 - 2:50 pm

Parkway (Level 2)
#1250.362 Sat 12:00 - 12:50 pm

Advanced **Ages: 8 and over**
Parkway

#1255.361 Thurs 6:00 - 6:50 pm

Polynesian Dance

Learn Polynesian dance. New dances will be introduced to intermediate and advanced students, emphasizing challenging routines. Instructor's approval is required for all intermediate and advanced classes.

Instructor: G. Berthiaume

Fee: \$21 Resident
\$25 Non-Resident

Level 1 **Ages: 5 and over**
Loma Verde

#1280.322 Thurs 5:45 - 6:30 pm

Level 1 **Ages: 12 - Adult**
Loma Verde

#1290.321 Wed 7:30 - 8:20 pm

Level 2 **Ages: 5 and over**
Loma Verde

#1285.325 Thurs 6:45 - 7:30 pm

Level 3 **Ages: 5 and over**
Loma Verde

#1295.321 Wed 5:30 - 6:20 pm

Level 4 **Ages: 9 and over**
Loma Verde

#1298.325 Wed 6:30 - 7:20 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Intro to Hula

Hula with us! Students will enjoy island music while learning the basic movements of hula dance.

Instructor: S. Mesina

Fee: \$25 Resident
\$30 Non-Resident

Ages: 5-9

Heritage

#1280.301 Wed 5:00 - 5:50 pm

Hip Hop 101

Have fun learning different styles of hip hop. Improve your coordination, rhythm, self-esteem, and learn how to choreograph your own dance. Christian, R & B, and rap music will be played.

Instructor: L. Ramirez

Fee: \$29 Resident
\$35 Non-Resident

Ages: 6 and over

Veterans

#1265.311 Tues 6:00 - 6:50 pm

Ages: 9 and over

Veterans

#1265.312 Sat 2:30 - 3:20 pm

Jazz / Modern

Have fun learning a variety of different basic dance steps to music light or upbeat. Learn to choreograph your own dance and the terminology to different dance steps. Develop coordination, rhythm, and self-confidence. Turn any movement into a creative dance and let your imagination drive you!

Instructor: L. Ramirez

Fee: \$29 Resident
\$35 Non-Resident

Ages: 6 and over

Veterans

#1900.311 Tues 5:00 - 5:45 pm

Creative Art of Acting

So, you want to be an actor? Experience the technical and creative aspects of theatre arts. Aspiring actors of all ages will gain insight into the principles of acting including vocal techniques, character and scene analysis, improvisation and more.

Instructor: D. Smith

Fee: \$27 Resident
\$32 Non-Resident

Ages: 8 - Adult

Otay

#1530.344 Wed 6:15 - 7:45 pm

Fee: \$42 Resident
\$52 Non-Resident

Woman's Club

#2110.361 Sun 2:00 - 4:00 pm

Monteville

#2110.350 Thurs 6:00 - 8:00 pm

Keyboard

Is your child the next Elton John? Students learn basic keyboard playing, including note reading, fingering, chords, and rhythm. Students must provide their own keyboards with at least four octaves or 30 keys in length. Fee includes materials.

Instructor: N. Villanueva

Fee: \$52 Resident
\$74 Non-Resident

Ages: 7 and over

Heritage

#1580.301 Wed 4:00 - 4:50 pm

Little Voices

Do you have a future "American Idol" in your house? This class teaches kids basic vocal techniques like breathing, phrasing, enunciation, etc. And singing helps develop confidence and teamwork. Fee includes materials.

Fee: \$52 Resident
\$74 Non-Resident

Ages: 7-12

Heritage

#1520.301 Wed 5:00 - 5:50 pm

Traditional Polynesian Dance

Aloha! Come dance and have fun while learning the basics of Hawaiian and Tahitian dance. The adult class will enjoy the cardiovascular benefits of "Hularobics."

Instructor: S. Valenzuela

Fee: \$20 Resident
\$24 Non-Resident

Ages: 5-12

Veterans

#1100.311 Wed 4:30 - 5:20 pm

Ages: 13 and over

Veterans

#1100.312 Wed 6:30 - 7:20 pm

Salsa and Merengue

Learn basic Salsa and Merengue patterns and combinations. Improve your rhythm and coordination. Come learn these passionate dances and you will be ready to hit the dance clubs in no time.

Instructor: S. Martin

Fee: \$37 Resident
\$45 Non-Resident

Ages: 16 and over

Veterans

#1730.311 Thurs 6:00 - 7:00 pm

Monteville

#1730.350 Wed 8:00 - 8:50 pm

Tap Dance

Learn elementary tap techniques to help develop motor learning skills. Emphasis on creative movement combined with imagination and FUN!

Instructor: C. Perez and Staff

Fee: \$30 Resident
\$36 Non-Resident

Ages: 5-12

Loma Verde

#1205.321 Sat 10:45 - 11:30 am

Summer classes



performing arts

Beginning Adult Ballet

No matter your skill level, enjoy getting fit through ballet. This class stresses the basics, and also includes gentle stretching, strength building, and improved body awareness.

Instructor: F. Alvarez
Fee: \$50 Resident
\$62 Non-Resident

Ages: 16 and over

Montevelle Starts July 17
#2230.350 Tues 6:00 - 6:50 pm

Intermediate Ballet

This class builds upon beginning ballet technique and requires a minimum of one year previous experience or placement by the instructor. Your child will excel in this small class setting.

Instructor: F. Alvarez
Fee: \$63 Resident
\$78 Non-Resident

Ages: 7 and over

Montevelle Starts July 17
#1251.351 Tues 10:00 - 10:50 am

Kids Latin Dance

Come learn the popular Latin dances: Salsa, Merengue, and the Cha-Cha. Kids will learn basic patterns, combinations, rhythm, and coordination.

Instructor: S. Martin
Fee: \$37 Resident
\$45 Non-Resident

Ages: 8 and over

Veterans
#1700.311 Thurs 5:00 - 6:00 pm

Ballroom Dances

Come out and learn various ballroom dances including the Rumba, Foxtrot, Tango, Waltz, Mambo, Swing, and Cha-Cha.

Instructor: S. Martin
Fee: \$37 Resident
\$45 Non-Resident

Ages: 16 and over

Veterans
#1710.311 Tues 8:00 - 9:00 pm
Montevelle
#1710.350 Wed 6:00 - 7:00 pm

East Coast Swing

Come learn the Jitterbug in this class that offers the basic foundation of swing. You will learn partner combinations and have fun at the same time.

Instructor: S. Martin
Fee: \$37 Resident
\$45 Non-Resident

Ages: 16 and over

Veterans
#1720.311 Tues 7:00 - 8:00 pm
Montevelle
#1720.350 Wed 7:00 - 8:00 pm

Beginning Ballet

This class will help your child develop flexibility, musicality, and coordination. Small class size guarantees your child individual attention.

Instructor: F. Alvarez
Fee: \$63 Resident
\$78 Non-Resident

Ages: 6 and over

Montevelle Starts July 17
#1251.350 Tues 9:00 - 9:50 am

Polynesian Dance

Learn the beautiful dances of Hawaii and Tahiti. This class will focus on beginning basics of hula and Tahitian, and the history of each dance.

Instructor: L. Jasmin
Fee: \$35 Resident
\$43 Non-Resident

Ages: 5-10

Montevelle
#1100.350 Fri 5:15 - 6:00 pm

Ages: 10 and over

Montevelle
#1100.351 Fri 6:15 - 7:00 pm

Country Line Dancing

Learn all the newest dances and the old standards in this fun class. Dances are taught into easy to learn formats and reviewed weekly.

Instructor: T. Beyer
Fee: \$29 Resident
\$35 Non-Resident

Ages: 14 - Adult

Montevelle
#2111.350 Fri 7:00 - 8:00 pm

Tango / Cha Cha

Tango is a timeless classic, and Cha Cha is always fun. Bring them both together and we are talking a great night of dancing. Couples and singles welcome.

Instructor: T. Beyers
Fee: \$29 Resident
\$35 Non-Resident

Ages: 14 - Adult

Montevelle
#2112.350 Fri 8:00 - 9:00 pm

Creative Dance

Learn dance techniques in a fun and different way! Improve coordination, attention span, and the ability to express through movement, music and fun.

Instructor: C. Perez and Staff
Fee: \$36 Resident
\$44 Non-Resident

Ages: 5-10

Montevelle
#1510.350 Tues 4:45 - 5:30 pm

Wedding Dance Workshop

You will learn the basic movements in Waltz, Fox Trot, and Rumba that best fit a couple's first dance. Bring the music you plan to use.

Instructor: T. Byer
Fee: \$20 Resident
\$24 Non-Resident

Ages: Adults

Montevelle
#2113.350 Sun 2:00 - 4:00 pm
July 9
Montevelle
#2113.351 Sun 2:00 - 4:00 pm
Aug 6

creative classes

Little Chefs

Kids will learn kitchen safety, basic nutrition, and how to make easy recipes they can make themselves.

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 6-12

Loma Verde
#3112.321 Wed 3:30 - 4:00 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Creative Collages

Students make collages with a variety of materials from stained glass and tile, to beads, shells, buttons, marbles, food, and more. Each week we'll make collages with a specific theme and material.

Instructor: Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 5-8

Veterans
#3010.311 Tues 4:00 - 4:50 pm

Build Your Own Cook Book

Enjoy hands on, staff directed cooking class where your Jr. Chef prepares healthy childhood favorites. Bon Appetite!

Instructor: Staff
Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-12

Salt Creek
#3115.332 Mon 4:30 - 5:20 pm

Make, Bake, and Take

Summer session is a 3-week course, meeting two times a week, students will learn the basic fundamentals of nutrition, table manners, and cooking skills. Students will prepare a variety of recipes throughout the course and come away with a recipe book of items they helped make.

Instructor: D. Hlava
Fee: \$30 Resident
\$37 Non-Resident

A supply fee of \$10 is due to the instructor the first day of class.

Ages: 5-12

Otay
#3310.341 Mon, Wed 2:00 - 3:15 pm
Veterans
#3310.311 Mon, Wed 9:00 - 10:15 am
Veterans
#3310.312 Tues, Thurs 2:00 - 3:15 pm

Drama Kids International

Whether destined for the stage or the boardroom, Drama Kids prepares children and young adults to speak up clearly with confidence putting them on

an easier path for lifelong success. There will be a variety of drama and speech activities for greater excitement, fun, and full student participation.

Instructor: B. Mills
Fee: \$105 Resident
\$130 Non-Resident

Ages: K - 2nd grades

Veterans
#1120.311 Sat 9:00 - 10:00 am

Ages: 3rd - 6th grades

Veterans
#1120.312 Sat 10:00 - 11:00 am

Make and Take Crafts

Summer session is a 3-week course, meeting two times a week. Students will use different materials (wood, fabric, metal, cement and more) to make creative projects for the home, yard or as gifts. An Art shirt is advisable.

Instructor: D. Hlava
Fee: \$40 Resident
\$49 Non-Resident

A supply fee of \$20 is due to the instructor the first day of class.

Ages: 5-12

Otay
#3320.341 Mon, Wed 3:30 - 5:00 pm
Veterans
#3320.311 Mon, Wed 10:30 am - 12:00 pm
Veterans
#3320.312 Tues, Thurs 3:30 - 5:00 pm
Veterans
#3320.313 Tues, Thurs 5:15 - 6:45 pm

Art-Tastic

Students will learn drawing, painting and sculpture in this Art-Tastic class. The Instructor is an accomplished artist and teacher from Japan. Students must provide their own art supplies. Please call (619) 691-5276 for a complete art supply list or visit the Youth Center.

Instructor: M. Nakagawa
Fee: \$45 Resident
\$55 Non-Resident

Ages: 6-12

Chula Vista Youth Center
#3113.382 Wed 6:00 - 6:50 pm

Animal Art

Lions, Tigers, and Bears, oh my! Create a marvelous menagerie of colorful creatures using a potpourri of mixed media. Try collage, mosaics, pen and ink, and more. Learn to paint without a brush! All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson
Fee: \$35 Resident
\$43 Non-Resident

Ages: 5-13

Loma Verde
#3162.322 Thurs 4:00 - 4:50 pm
Veterans
#3162.311 Mon 4:00 - 4:50 pm
Monteville
#3162.350 Tues 7:00 - 7:50 pm

Drawing Dynamos

Tried of the same old lines? Turn your doodles and squiggles into amazing art. Refine your drawing skills and explore line and color using a variety of drawing materials and techniques. Create original works of art you'll be "drawn" to. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson
Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-13

Loma Verde
#3164.321 Thurs 5:00 - 5:50 pm
Veterans
#3164.311 Mon 5:00 - 5:50 pm

Drawing Plus!

This course starts with several weeks of basic drawing - people, animals, places and plants using crayons, oil pastels, markers and pencils, etc. We'll then add in painting techniques to create some nifty images worthy of the finest refrigerator or wall. An "art shirt" is advisable to protect clothing. \$7 Material fee to be paid to the instructor.

Instructor: T. Mill
Fee: \$39 Resident
\$48 Non-Resident

Ages: 6-10

Parkway
#3110.361 Wed 3:30 - 4:20 pm

Summer classes



creative classes

Art Studio

Classes are designed to introduce artists, art history and contemporary art through hands-on projects. Your child will explore the endless opportunity of imagination and self expression.

Instructor: Staff
Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-12

Salt Creek
#3150.334 Thurs 4:00 - 4:50 pm

Cartooning

Get the inside story on the art of cartooning. Practice drawing people and animals from head to toe (or paw). Experiment with humor and action. Sharpen your storytelling skills while creating original comic strips starring your own characters. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson
Fee: \$35 Resident
\$43 Non-Resident

Ages: 8-13

Loma Verde
#3166.321 Thurs 6:00 - 6:50 pm

Veterans
#3166.311 Mon 6:00 - 6:50 pm

Monteville
#3166.350 Tues 6:00 - 6:50 pm

Scrapbooking

Learn scrapbooking for real people. Use all the scrapbooking tools while getting personal instruction. At the end of the three sessions, you will be able to create an entire album, have all of your photos completely organized, or complete a full set of borders. For the first session, bring one package of 25 photos. All supplies can be purchased through instructor.

Instructor: K. Ralston
Fee: \$40 Resident
\$49 Non-Resident

Ages: 16 and over

Heritage
#3180.301 Aug 12 12:00 - 3:00 pm
Aug 19 12:00 - 3:00 pm
Sept 2 12:00 - 3:00 pm

Fine Art Painting

This course is designed to teach students basic and intermediate techniques in painting. Experience different medias and styles and learn about color mixing, composition, and design. Class will meet for 6 weeks.

Instructor: O. Alvarado
Fee: \$30 Resident
\$36 Non-Resident

Ages: 18 and over

Veterans
#3085.311 Tues 9:00 am - 12:00 pm

Painting

With the direction and motivation of professional artist/art teacher, your child will create a beautiful, ready to hang masterpieces. Teacher inspires students to bring out their hidden talent while creating confidence, drive and the great feeling of accomplishment. Let your child discover what art can bring into his/her life. \$35 materials fee to be paid to instructor on the first day of class. Includes all materials and one frame.

Instructor: L. Villasenor-Isabelle
Fee: \$61 Resident
\$75 Non-Resident

Ages: 9-11

Heritage
#3155.301 Sat 9:00 - 10:00 am

Veterans
#3155.311 Tues 5:00 - 6:00 pm

Ages: 12-16

Heritage
#3155.302 Sat 10:30 - 11:30 am

Veterans
#3155.312 Tues 6:00 - 7:00 pm

Clay Plus!

Make critters, puppets, animals and constructions out of lots of clay, wire, cardboard, plaster, glue, sticks, etc. Wonderfully messy! Great fun! Bring an apron or "art shirt." \$7 Material fee to be paid to the instructor.

Instructor: T. Mill
Fee: \$39 Resident
\$48 Non-Resident

Ages: 6-10

Parkway
#3120.361 Wed 4:30 - 5:20 pm

Creative Clay

New non-fire clay in every color. Take home what you make the same day. Working with clay is a great way to encourage creativity. A \$10 materials fee to be paid to instructor on the first day of class.

Instructor: A. Melzer
Fee: \$29 Resident
\$36 Non-Resident

Ages: 6 and over

Loma Verde
#3180.321 Mon 6:00 - 8:00 pm

Ceramics

This introductory class is designed to teach students the basics of working with ceramics. Molds and kiln are available. Students supply all other materials.

Instructor: N. Wallis
Fee: \$28 Resident
\$34 Non-Resident

Ages: 10 and over

Loma Verde
#3200.321 Thurs 9:00 am - 12:00 pm

Loma Verde
#3200.323 Wed 5:30 - 8:20 pm

Loma Verde
#3200.322 Wed 9:00 am - 12:00 pm

Loma Verde
#3200.324 Sat 9:00 am - 12:00 pm

Babysitter's Training Certification

This American Red Cross certification course has been reviewed and is supported by the U.S. Consumer Product Safety Commission. Includes a certificate, babysitter's handbook, and a pin. This training will help develop skills in leadership, professionalism, basic care, safety and first aid.

Instructor: K. Fajardo
Fee: \$45 Resident
\$55 Non-Resident

Ages: 11 and over

Chula Vista Youth Center
#3116.381 July 8,15 9:00 am - 12:00 pm
Class meets both days

Chula Vista Youth Center
#3116.383 Aug 12, 19 9:00 am - 12:00 pm
Class meets both days



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

SAT Preparation

This course is designed to effectively prepare students for the new SAT. Upon completion of the course, students will have received a thorough training in the skills and strategies required for success on the exam. Course includes: essay writing, grammar review sentence completion, finding sentence errors, critical reading, math review and strategies and test taking skills. A \$25 materials fee to be paid to the instructor the first day of class which include three practice exams.

Instructor: I Hayden
Fee: \$235 Resident
\$288 Non-Resident

Ages: 15-18

Heritage
#4420.301 Aug 5, 12, 19, 26
Sept 2 1:00 - 4:00 pm

California Child Care Course

This course meets the legal requirements of the California Health and Safety Code (AB 243). The law stipulates that licensed childcare providers receive at least 15 hours of training on preventative childcare practices. Attendance both class dates is required for Red Cross certification.

Instructor: S. Linderman
Fee: \$105 Resident
\$132 Non-Resident

Ages: Adults

Parkway
#3116.361 July 22, 29 8:00 am - 5:00 pm

Beginning Jewelry Making and Beadwork

In this introductory course you will learn the basics of beading and making your own jewelry. Make gifts for yourself, family and friends. An additional cost of \$25 will be paid to the instructor for a starter kit, which includes necessary tools and supplies. You must provide any additional supplies. Make some great holiday gifts. 8-week class.

Instructor: M. Quintero
Fee: \$30 Resident
\$37 Non-Resident

Ages: Adults

Montvalle
#3100.350 Mon 5:30 - 6:30 pm

Etiquette and Social Skills for Children

Etiquette is more than saying "please" and "thank you." It's an essential life skill that increases self-esteem and allows children to feel confident in any kind of social situation. This 6-hour course includes: first Impressions, speaking and listening skills, table setting, table manners, body language and poise, phone manners, and thank you cards.

Instructor: M. O'Farrill
Fee: \$75 Resident
\$94 Non-Resident
Fee includes food

Ages: 6-12

Heritage
#4415.301 July 11, 13 12:00 - 3:00 pm

Heritage
#4415.302 July 29,
Aug 5 12:00 - 3:00 pm

Heritage
#4415.303 Aug 26,
Sept 2 12:00 - 3:00 pm

Ready, Set, Knit, and Crochet

Learn the basic techniques of knitting and crocheting. This class is for beginners and intermediates. Choose your own projects from flower pins, belts, scarves, blankets, and more.

Instructor: M. Elias
Fee: \$45 Resident
\$56 Non-Resident

Ages: 8 and over

Heritage
#3181.301 Mon 6:00 - 7:15 pm

Ceramics 101

Introduce students to ceramic arts, ceramic clay, painting techniques, and firing. Students will complete several functional pieces, such as plates, and figurines. A material fee of \$40 is paid to the instructor on the first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
\$68 Non-Resident

Ages: 6-14

Montevalle
#3100.353 Fri 3:30 - 4:30 pm

Hammers and Crafts

Use various tools such as hammers and screw drivers to create unique crafts. Create clocks, whimsical bulletin boards, and more from hardware supplies. A material fee of \$40 is paid to the instructor on the first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
\$68 Non-Resident

Ages: 6-14

Montevalle
#3100.351 Fri 5:00 - 6:00 pm

Personal Care

Learn about personal care, skin care, hair care, beauty, color coordination, and more. Activities include testing products, a fashion show, and a video. \$20 material fee due first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
\$68 Non-Resident

Ages: 10-18

Montevalle
#3230.350 Tues 3:30 - 4:30 pm

Culinary Kids: Make and Take Dinner

Students learn their way around the kitchen. They also learn about nutrition, culinary techniques, recipes, and more. Each child prepares a meal to take home. \$30 material fee due first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
\$68 Non-Resident

Ages: 5-12

Montevalle
#3240.350 Tues 5:00 - 6:00 pm

Totally Art!

Totally fun! Using many types of media, you'll create art projects like banners and books, cards and creatures, constructions, collage, montage and masks in this course of exploration. Dress for mess!

Instructor: Staff
Fee: \$25 Resident
\$30 Non-Resident
Fee includes supplies

Ages: 6-10

Heritage
#3150.301 Mon 4:00 - 4:50 pm

Summer Classes



creative classes

Culinary Kids: Breakfast

During this class students make scrumptious breakfast treats like homemade pancakes, waffles, French toast, muffins, and more. They will learn terminology, skills, meal planning, and serving. A material fee of \$25 will be collected the first day of class.

Instructor: Creative Kidz

Fee: \$55 Resident
\$68 Non-Resident

Ages: 5-12

#3240.352 **Monteville**
Sat 8:00 - 10:00 am

Culinary Kids: Desserts

Students learn how to create treats, decorate cakes, and make pies. They will learn baking techniques using traditional material. They will all also receive a basic cake decorating kit. A material fee of \$30 will be collected the first day of class.

Instructor: Creative Kidz

Fee: \$55 Resident
\$68 Non-Resident

Ages: 5-12

#3240.351 **Monteville**
Thurs 5:00 - 6:00 pm

Multimedia

Using a digital camera provided by the instructor, students will learn about digital photography, basic multimedia techniques, and videos. They will create a DVD, a photo album, and more. A material fee of \$35 will be collected the first day of class.

Instructor: Creative Kidz

Fee: \$55 Resident
\$68 Non-Resident

Ages: 5-12

#3235.351 **Monteville**
Thurs 3:30 - 4:30 pm

Bling-Beginning Jewelry Making

Use glass, beads, metals, leather, and more to create wearable pieces. The course covers tools, techniques, and much more. A material fee of \$30 will be collected on the first day of class.

Instructor: Creative Kidz
Fee: \$45 Resident
\$55 Non-Resident

Ages: 5-14

#3410.350 **Monteville**
Wed 5:00 - 6:00 pm

Sewing 101

For girls and boys, this class covers basic stitches, fabric, techniques, and terminology. Two sewing pieces will be completed. Students will be provided with a sewing kit. A material fee of \$25 will be collected on the first day of class.

Instructor: Creative Kidz
Fee: \$35 Resident
\$43 Non-Resident

Ages: 5-12

#3230.351 **Monteville**
Sat 10:00 - 10:50 am
July 15 - Aug 5

Sewing 201

This class builds upon Sewing 101. Students will learn about sewing machines, patterns, and more. Participants can choose to complete a whimsical pillow or a handbag. A material fee of \$25 will be collected on the first day of class.

Instructor: Creative Kidz
Fee: \$35 Resident
\$43 Non-Resident

Ages: 5-12

#3230.352 **Monteville**
Sat 10:00 - 10:50 am
Aug 12 - Sept 2

Dog Obedience

Learn basic commands for dogs over 4 months. Owners and leashed dogs will learn basic training commands. Instructor is a member of the Obedience Club

of San Diego County. All dogs must have current shots.

Instructor: J. Hitz
Fee: \$65 Resident
\$80 Non-Resident

Ages: 12 and over

#3600.350 **Monteville**
Wed 7:00 - 8:00 pm

#3600.351 **Monteville**
Sat 3:00 - 4:00 pm

Open Ceramics

You choose and order the pieces you want to work on. We provide paints, firing, and glazing. This is not a learning class! Ceramic Pieces start at \$6. Under age 5 will need an adult supervisor.

Instructor: Creative Kidz
Fee: \$20 Resident
\$24 Non-Resident

Ages: All ages

#3100.352 **Monteville**
Fri 6:30 - 8:30 pm

Passion For Fashion

Learn about the world of fashion. Talk with guest speakers about the fashion industry and career opportunities. Learn how to look your best. This class will end with a fashion show!

Instructor: University of Creativity
Fee: \$40 Resident
\$49 Non-Resident

Ages: 8-16

#3210.350 **Monteville**
Wed 3:30 - 4:30 pm

Drawing Animals A to Z

From birds to dinosaurs and fish to zebras, the drawing fun starts with pencils and continues with crayon paint, pastels, and more. A \$10 material fee is due to the instructor on the first day.

Instructor: T. Mill
Fee: \$55 Resident
\$68 Non-Resident

Ages: 6-12

#3150.350 **Monteville**
Tues 3:30 - 4:20 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Mask and More

Children will make masks, puppets, small sculptures, and other toys using a variety of different materials including clay, paper, wire, styrofoam, wood, paint, and glitter. A \$10 material fee is due to the instructor on the first day.

Instructor: T. Mill
Fee: \$55 Resident
\$68 Non-Resident

Ages: 7-12

Monteville
#3151.350 Tues 4:35 - 5:45 pm

Ole, Ole Spanish Class

Learn basic communication skills using games, activities, drama, art, and song. A \$25 materials fee is to be paid to the instructor at the first class.

Instructor: C. Vera
Fee: \$85 Resident
\$105 Non-Resident

Ages: 3-5

Veterans
#3090.311 Fri 2:30 - 3:30 pm

Ages: 5-8

Veterans
#3090.312 Fri 4:00 - 5:00 pm

Painting a Mural

This introductory course will teach you to paint in a large scale. Learn techniques to prepare, paint, and seal a mural in your living room, bedroom, or backyard - on walls, canvas, or wood.

Instructor: O. Alvarado
Fee: \$35 Resident
\$43 Non-Resident

Ages: 18 and over

Veterans
#3080.311 Aug 12, 19 10:00 am - 12:00 pm

Adult Watercolor

Beginning and intermediate students. Basic supplies can be purchased in class or can be brought in from home. Class begins on June 29. **Free**

Instructor: J. Helton

Ages: Adults

Veterans
Thurs 9:00 - 11:30 am

fitness classes

Aerobic Combo

Combine, kickboxing, high and low-impact aerobics, and/or body sculpting into one total body workout. Learn how to properly use equipment while performing each exercise in order to achieve individualized training and motivation.

Instructor: P. Payne
Fee: \$30 for 5 weeks
or \$5 daily Resident
\$37 for 5 weeks
or \$7 daily Non-Resident

Ages: Adults

Heritage
#4100.301 Mon, Wed 7:00 - 7:45 pm

Heritage
#4100.302 Tues, Thurs 9:00 - 9:45 am

Parkway Strength Training Step Aerobics

This is a unique opportunity to blend an all-over body shaping and strengthening workout using weights, yoga and body building techniques. Step aerobics are added for a low impact cardiovascular workout. You will also get the attention and expertise of a personal trainer.

Instructor: N. Kelsey
Fee: \$25/month or \$5/Daily Resident
\$30/month or \$7 daily Non-Resident

Ages: Adults

Parkway
#4320.263 June, M, Th 5:00 - 6:30 pm
#4320.361 July, M, Th 5:00 - 6:30 pm
#4320.362 Aug, M, Th 5:00 - 6:30 pm
#4320.363 Sept, M, Th 5:00 - 6:30 pm

Lunch Hour Yoga

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez
Fee: \$42/month or \$5/Daily Resident
\$52/month or \$7 daily Non-Resident

Ages: Adults

Parkway
#4112.263 June, M, W, Th 12:00 - 12:50 pm
#4112.361 July, M, W, Th 12:00 - 12:50 pm
#4112.362 Aug, M, W, Th 12:00 - 12:50 pm
#4112.363 Sept, M, W, Th 12:00 - 12:50 pm

Beginning Yoga

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez
Fee: \$25 Resident
\$30 Non-Resident

Ages: Adults

8 weeks beginning July 10
Salt Creek
#4112.332 Mon 6:30 - 7:20 pm
Salt Creek
#4112.334 Wed 6:30 - 7:20 pm
Monteville
#4010.350 Sat 9:00 - 10:00 am

Cardio Ab Workout

This low impact cardiovascular workout combines traditional martial arts movements with full body stretching with emphasis on upper and lower abdominals. Participants need to bring a towel or mat.

Instructor: J. Hickman
Fee: \$38 Resident
\$47 Non-Resident

Ages: Adults

Chula Vista Woman's club
#4260.363 Tues 6:00 - 6:50 pm

Summer Classes



fitness classes

Yoga

Lengthen and tone your muscles with this classical-style matwork class. Students will tone their abdominals, sculpt long, lean muscles, and improve overall flexibility with this special combination of controlled movements.

Instructor: L. Bernick

Fee: \$35/Month or \$5/Class Resident
\$43/Month or \$7/Class Non-Resident

Ages: Adults

Heritage

Tues, Thurs 1:00 - 2:00 pm

#4322.301 June #4322.302 July

#4312.303 August

Pilates

Burn fat, tone muscles, and increase your flexibility while doing flowing poses and stretching exercises. You will leave feeling peaceful, open, and centered. Learn to breathe properly, improve overall health and posture, and decrease stress.

Instructor: L. Bernick

Fee: \$25/Month or \$5/Class Resident
\$30/Month or \$7/Class Non-Resident

Ages: Adults

Heritage

Mon, Wed 9:30 - 10:15 am

#4323.301 June #4323.302 July

#4323.303 August

Full Body Stretch and Conditioning (Pilates)

Classes meet on a monthly basis.
Classes begin August 5.

Instructor: F. Alvarez

Ages: 16 and over

Fee: \$40/Month or \$7/Class Resident
\$50/Month or \$9/Class Non-Resident

#4335.331 **Salt Creek**
Mon, Wed 8:00 - 9:50 am

Fee: \$25/Month or \$7/Class Resident
\$31/Month or \$9/Class Non-Resident

#4335.334 **Salt Creek**
Wed 7:30 - 8:20 pm

Fee: \$25/Month or \$7/Class Resident
\$31/Month or \$9/Class Non-Resident

#4335.337 **Salt Creek**
Sat 8:00 - 8:50 am

Adult Boot Camp

A little less intimidating, but equally as challenging as The Real Thing, this Boot Camp is meant more for fun and fitness than bullying and belittling. Cardio activities include jumping rope, stepping, and hill climbing. Each participant will receive an individualized personal fitness plan. Get in shape this summer with a professional personal trainer!

Instructor: D. Ramirez
Certified ACE Trainer

Fee: \$128 Resident
\$160 Non-Resident

Ages: Adults

Spring Session 2

Memorial Park

#4145.283 M, W 5:30 - 6:30 pm
June 19 - Aug 10, 8 weeks

Summer Session

Memorial Park

#4145.385 M, W 5:30 - 6:30 pm
Aug 14 - Oct 2, 8 weeks

Afterschool Field Hockey

Join this youth development after school field hockey program. Please bring a mouthguard; all other equipment will be supplied. Students will learn the fundamentals, skills, and techniques of field hockey in a fun and enriching environment. Class is eight weeks.

Instructor: M. Sandoval
Fee: \$48 Resident
\$59 Non-Resident

Ages: 8-14

Voyager Park

#4285.383 Tues 3:00 - 4:00 pm

Heritage Park

#4285.301 Wed 3:30 - 4:30 pm

Table Tennis / Ping Pong

Table tennis, commonly known as ping-pong, has developed into a world-class sport and is a fun way to develop hand-eye coordination. This particular course is for recreation level beginners and will focus on grip, strokes, footwork and skill development. 5-week sessions.

Instructor: B. Reed
National Table Tennis Coach

Fee: \$25 Resident
\$30 Non-Resident

Ages: 8-14

Session 1

#4147.386 **Chula Vista Youth Center**
Tues 3:30 - 4:30 pm
July 11 - Aug 1

Session 2

#4147.388 **Chula Vista Youth Center**
Tues 3:30 - 4:30 pm
Aug 8-29

Beginning Golf

These introductory classes teach the basic fundamentals of the golf swing and skills required on the putting green. It is recommended that participants provide their own golf clubs but it is not required.

Instructor: B. Rice
Fee: \$155 Resident
\$195 Non-Resident

Ages: 4-11

Salt Creek

#4015.333 Tues 3:30 - 4:20 pm

Ages: 12-17

Salt Creek

#4030.333 Tues 4:30 - 5:20 pm

Basketball 101

These introductory classes are like mini camps. Staff will teach the basics of basketball and encourage good sportsmanship, while everyone has fun. This class will give participants a good jump towards advancement towards organized team basketball.

Instructor: Staff
Fee: \$32 Resident
\$40 Non-Resident

Ages: 8-10

Parkway

#4318.361 Thurs 4:00 - 5:00 pm

Monteville

#4318.350 Wed 3:30 - 4:20 pm

Chula Vista Youth Center

#4318.381 Fri 3:30 - 4:20 pm

Ages: 10-14

Monteville

#4318.351 Wed 4:30 - 5:20 pm

Chula Vista Youth Center

#4318.382 Fri 4:30 - 5:20 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Archery

Take aim and learn the family-friendly sport of archery. An instructor certified by the National Archery Association provides basic instruction. Equipment is provided. Eight-week course July 15 - Sept 2. Paseo Del Rey Park, 750 Paseo Del Rey.

Instructor: T. Robey
Fee: \$40 Resident
\$49 Non-Resident

Ages: 8-17, Beginning

Paseo Del Rey Park
#4230.381 Sat 9:00 - 9:50 am

Ages: 8-17, Intermediate

Paseo Del Rey Park
#4235.381* Sat 10:00 - 10:50 am

Ages: 8-17, Advanced

Paseo Del Rey Park
#4240.382* Sat 11:00 - 11:50 am

*Prerequisite: Successful completion of beginning course and instructor approval.

Table Tennis / Ping Pong

Parents must register and accompany child if child is under 8 years of age.

Fee: \$32 Resident
\$40 Non-Resident

Summer Session

Salt Creek
#4147.334 Wed 4:00 - 4:50 pm
July 19 - Aug 30

Salt Creek
#4147.335 Wed 5:00 - 5:50 pm
July 19 - Aug 30

Fee: \$32 Resident
\$40 Non-Resident

Ages: Seniors Summer Session

Salt Creek
#4157.336 Wed 1:30 - 3:00 pm
July 19 - Aug 30

Parkway Morning Aerobics Combo

Want a great workout? Then join the cardio kickboxing/high-low impact aerobics classes. All levels are welcome. Burn fat, get fit and feel great. And parents, you

can enroll your kids in the tiny tots classes and get a workout at the same time.

Instructor: L. Landry
Fee: \$25/month or \$5/day Resident
\$30/month or \$7/day Non-Resident

Ages: Adults

Parkway
M, W, F 9:00 - 10:30 am

Monthly Registration:

#4319.263 June
#4319.361 July
#4319.362 Aug
#4319.363 Sept

Taekwondo

Instructor: S. Juare
Fee: \$30/Month Resident
\$36/Month Non-Resident

Ages: 7 - Adult

Chula Vista Youth Center
Mon, Wed 4:30 - 6:00 pm
#4381.284 June #4381.380 July
#4381.382 Aug #4381.384 Sept

Recreational Karate

Expose yourself to the sport of karate through recreational classes taught by instructors from local martial arts studios. Formal belt testing is conducted by individual studios under guidelines set up by the karate federation affiliated with that particular studio. The Recreation Department does not endorse outside studios and does not handle arrangements for lessons with individual studios. Any additional fees associated with this program (uniform, federation fees, testing) are administered through the class instructor. Instructor's approval is required for all intermediate and advanced classes.

Chula Vista Karate Club

Instructor: J. Hickman
Fee: \$26 Resident
\$32 Non-Resident

Ages: 5-11, Beginning

Chula Vista Woman's Club
#4310.361 Tues 4:00 - 4:50 pm

Ages: 5 and over, Intermediate

Chula Vista Woman's Club
#4315.361 Tues 5:00 - 5:50 pm

Shito-Ryu Karate

Through a variety of fun and creative activities, young children will develop coordination, strength and personal safety in a well-supervised setting. Give your child the lead he/she needs in developing memory and agility skills necessary to be successful in school and other sports.

Instructor: J. Martinez
Fee: \$60 Resident
\$74 Non-Resident

Ages: 5 and over

Heritage
#4330.301 Tues, Thurs 4:00 - 4:50 pm
Monteville
#4330.350 Thurs 3:00 - 3:50 pm
Sat 9:30 - 10:20 am
Salt Creek
#4330.330 Wed 4:30 - 5:20 pm
Salt Creek
#4330.334 Wed 5:30 - 6:20 pm
Salt Creek
#4330.337 Sat 9:30 - 10:20 am

Tang Soo Doo

Instructor: G. Amen
Fee: \$60 Resident
\$74 Non-Resident

Ages: 6 and over

Veterans (10 weeks)
#4350.311 Mon, Thurs 5:15 - 6:15 pm
Sat 9:45 - 10:45 am

High Performance Tennis Team

This class is for kids who want to develop their tennis skills to play at tournament level. Emphasis is on appropriate grips, footwork, and simple tactics. Students start to play novice then satellite tournaments.

Instructor: J. Villanueva
Fee: \$95 Resident
\$120 Non-Resident

Ages: 8-16

Salt Creek
#4590.330 Mon 6:00 - 7:00 pm
Monteville
#4590.350 Tues 6:00 - 7:00 pm

Summer classes



fitness classes

After School Tennis Lessons

These classes are offered after school time and they are meant for the beginner tennis player. Sessions are five weeks and a tennis racquet is required to participate. A maximum of 10 participants are allowed in the program. All classes meet for five weeks one day a week and have the same fee.

Tennis Pro: R. Miller
Fee: \$30 Resident
\$37 Non-Resident

Ages: Grades 1-3

Session 1A Terra Nova Park
#5578.381 Mon 3:30 - 4:20 pm
Aug 14 - Sept 11

Session 1B Montevalle
#4578.350 Wed 3:30 - 4:20 pm
Aug 16 - Sept 13

Session 1C Terra Nova Park
#5578.383 Mon 3:30 - 4:20 pm
Oct 16 - Nov 13

Session 1D Montevalle
#4578.352 Wed 3:30 - 4:20 pm
Oct 18 - Nov 15

Ages: Grades 4-6

Session 2A Terra Nova Park
#5578.385 Tues 3:30 - 4:20 pm
Aug 15 - Sept 12

Session 2B Montevalle
#4578.351 Thurs 3:30 - 4:20 pm
Aug 17 - Sept 14

Session 2C Terra Nova Park
#5578.387 Tues 3:30 - 4:20 pm
Oct 17 - Nov 14

Session 2D Montevalle
#4578.353 Thurs 3:30 - 4:20 pm
Oct 19 - Nov 16

Ages: Grades 7-8

Session 3A Montevalle
#4579.350 Wed 4:30 - 5:20 pm
Aug 16 - Sept 13

Session 3B Montevalle
#4579.351 Thurs 4:30 - 5:20 pm
Aug 17 - Sept 14

Session 3C Montevalle
#4579.352 Wed 4:30 - 5:20 pm
Oct 18 - Nov 15

Session 3D Montevalle
#4579.353 Thurs 4:30 - 5:20 pm
Oct 19 - Nov 16

Group Tennis Lessons

Maximum of four students per group. Students must bring their own tennis racquet. These lessons are meant for the beginner and intermediate levels. Each session is for five weeks.

Tennis Pro: R. Miller
Fee: \$60 Resident
\$74 Non-Resident

Ages: Grades 1-3

Session 4A Montevalle
#4580.350 Wed 4:30 - 5:20 pm
July 12 - Aug 9

Session 4B Montevalle
#4580.351 Thurs 4:30 - 5:20 pm
July 13 - Aug 10

Session 4C Terra Nova Park
#5563.381 Mon 4:30 - 5:20 pm
Aug 14 - Sept 11

Session 4D Montevalle
#4580.354 Wed 5:30 - 6:20 pm
Aug 16 - Sept 13

Session 4E Terra Nova Park
#5563.383 Mon 4:30 - 5:20 pm
Oct 16 - Nov 13

Session 4F Montevalle
#4580.355 Wed 5:30 - 6:20 pm
Oct 18 - Nov 15

Ages: Grades 4-6

Session 5A Montevalle
#4580.352 Wed 5:30 - 6:20 pm
July 12 - Aug 9

Session 5B Montevalle
#4580.353 Thurs 5:30 - 6:20 pm
July 13 - Aug 10

Session 5C Terra Nova Park
#5563.385 Tues 4:30 - 5:20 pm
Aug 15 - Sept 12

Session 5D Montevalle
#4580.356 Thurs 5:30 - 6:20 pm
Aug 17 - Sept 14

Session 5E Terra Nova Park
#5563.387 Tues 4:30 - 5:20 pm
Oct 17 - Nov 14

Session 5F Montevalle
#4580.357 Thurs 5:30 - 6:20 pm
Oct 19 - Nov 16

Adult Tennis Lessons

Info: (619) 691-5269

Tennis Pro: J. Villanueva
Fee: \$95 Resident
\$118 Non-Resident

Ages: 18 and over

Montevalle
#4565.350 Tues 7:00 - 8:00 pm
July 11 - Aug 29

Tennis Pro: R. Thomas
Montevalle
#4565.351 Thurs 6:45 - 7:45 pm
July 13 - Aug 31

Montevalle
#4565.352 Sat 9:30 - 10:30 am
July 15 - Sept 2

Montevalle
#4565.353 Sat 10:30 - 11:30 am
July 15 - Sept 2

Adult Beginning Tennis

Info: (619) 585-5739

Tennis Pro: J. Villanueva
Fee: \$96 Resident
\$120 Non-Resident

Ages: 18 and over

Salt Creek
#5569.333 Tues 9:00 - 9:50 am
July 11 - Aug 29

Karate-Do

Instructor: S. Ingalls
Fee: \$26 Resident
\$31 Non-Resident

Ages: 5-11, Beginning

Chula Vista Youth Center
#4320.381 Thurs 5:30 - 6:20 pm

Loma Verde
#4320.322 Tues 5:00 - 5:50 pm

Salt Creek
#4320.333 Tues 4:00 - 4:50 pm

Salt Creek
#4320.335 Thurs 5:00 - 5:50 pm

Ages: 12 and over, Beginning/Intermediate

Chula Vista Youth Center
#4325.383 Thurs 6:30 - 7:20 pm

Loma Verde
#4325.324 Tues 6:00 - 6:50 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Shito-Ryo Adult Karate

Karate is a great way to stay in shape, relieve stress and give you confidence. Learn self-defense skills while having fun.

Instructor: J. Martinez
Fee: \$40 Resident
\$49 Non-Resident

Ages: 16 and over

Monteville

#4430.350 Thurs 7:00 - 7:50 pm

Karate 101

Instructor: G. Amen
Fee: \$31 Resident
\$38 Non-Resident

Ages: 6 and over

Otay

#4350.341 Tues 6:00 - 7:00 pm

Loma Verde

#4320.321 Wed 5:00 - 6:00 pm

Recreational Tae Kwon Do

Learn the fundamentals of Tae Kwon Do through choreographed sequence of combative and defense movements, controlled sparring, as well as, punching and kicking techniques. Students will also receive instruction in principals such as courtesy, integrity, perseverance, self-control, indomitable spirit. 5-week session.

Instructor: P. Payne
Fee: \$26 Resident
\$30 Non-Resident

Heritage

#4830.301 Wed 6:00 - 6:50 pm

Instructor: D. Russell

Fee: \$26 Resident
\$32 Non-Resident

Ages: 5 and over

Veterans (10 weeks)

#4831.311 Wed, Fri 6:30 - 7:30 pm
Sat 1:00 - 2:00 pm

Salt Creek Fitness Center

The fitness center offers an array of Nautilus equipment and free weights. Fitness specialists are available to help you with your workouts. Participation is by membership only. Fitness center hours Monday through Saturday, 8 am to 9:45 pm and Sunday, 12 - 4:45 pm.

Fee: \$25 Resident
\$50 Non-Resident

Judo

The ancient martial art of judo provides personal development through precise physical movements and a disciplined attitude. Develop self-defense techniques and strive to perfect individual character. Additional fees are associated with this program include uniform and federation fees.

Instructor: M. Ozaki and Staff
Fee: \$25 Resident
\$30 Non-Resident

**Ages: 5 - Adult
Beginning**

Chula Vista Youth Center

#4360.381 Tues 7:00 - 7:50 pm

Chula Vista Youth Center

#4360.382 Thurs 7:00 - 7:50 pm

Salt Creek

#4360.334 Wed 7:00 - 7:50 pm

Advanced

Chula Vista Youth Center

#4365.381 Tues 8:00 - 8:50 pm

Chula Vista Youth Center

#4365.382 Thurs 8:00 - 8:50 pm

Salt Creek

#4365.334 Wed 8:00 - 8:50 pm

Realstic Self-Defense Training

Don't be a victim! Learn self-defense, hand-to-hand combat, defense against multiple attackers, and awareness training. This class is designed to help avoid a bad situation and build self-confidence in a combination of exercise and fun.

Instructor: Master G. Amen, E. Sanz
Fee: \$30 Resident
\$38 Non-Resident

**Ages: 13 and over
Beginning**

Monteville

#4340.350 Wed 6:30 - 7:30 pm

Veterans

#4320.311 Mon 6:30 - 7:30 pm

Cardio-Kickboxing

Kick it into high gear. You'll get into shape using non-contact skills and drills. You'll learn body position, footwork, punching techniques and basic kick boxing fundamentals. And you'll work on

conditioning plus building cardio-vascular and muscle strength.

Instructor: G. Amen, E. Sanz
Fee: \$22/Month Resident
\$27/Month Non-Resident

Ages: Adults

Veterans July

#4680.311 Thurs 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Veterans Aug

#4680.312 Thurs 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Veterans Sept

#4680.313 Thurs 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Otay Fitness Center

The Otay Fitness Center offers a variety of state-of-the-art equipment to meet specific fitness goals. Registration for the classes below will only be accepted at the Otay Recreation Center.

Quarterly Memberships:

1. Jan 1 - Mar. 31
2. April 1 - June 30
3. July 1 - Sept. 30
4. Oct 1 - Dec. 31

Adult Fitness Membership. Unlimited use of the Fitness Center during operational hours (see page 3.)

Fee: \$25 Resident
\$50 Non-Resident

Ages: 15 and over

#4620.345 Otay

Youth/Teen Fitness

The main goal of this 8-week program is to give youth of all fitness levels the benefits of physical fitness. Participants will develop confidence, self-esteem, social skills, athletic skills and improve overall health. Includes limited use of Fitness Center.

Fee: \$15 Resident
\$18 Non-Resident

Ages: 10-17

Otay

#4620.341 Mon, Wed 4:00 - 5:00 pm

Summer Classes



fitness classes

Morning Circuit

Designed for beginners, this 12-week, 3-step progression of workout routines will build your fitness capacity as well as your cardiovascular and muscle strength. Includes body fat analysis, measurements, and a before and after photo. Work in a group for motivation and support. Fee includes Fitness Center Membership.

Fee: \$42 Resident
\$52 Non-Resident

Ages: 16 and over
Otay

#4620.348 M, W, F 9:30 - 11:00 am

Lacrosse 101

This introductory class will teach the basics of the up-and-coming sport of lacrosse. Participants will have fun while learning about good sportsmanship.

Instructor: Staff
Fee: \$40 Resident
\$50 Non-Resident

Ages: 9-12

Montevelle
#4317.350 Wed 3:30 - 4:20 pm

Rockin' Sports

Students will learn the basics of a variety of sports. Emphasis is on fun and learning about good sportsmanship.

Instructor: Staff
Fee: \$35 Resident
\$44 Non-Resident

Ages: 6-8

Montevelle
#4316.350 Mon 3:30 - 4:20 pm

Abs, Thighs, and Buns

This class hits that hard to tone trouble zone with a progressive targeted system of exercises that will give your body the workout it needs.

Instructor: T. Beyers
Fee: \$29 Resident
\$35 Non-Resident

Ages: 14-Adult

Montevelle
#4112.350 Tues 7:30 - 8:30 pm

Rhythmic Gymnastics

This introduction to Rhythmic Gymnastics teaches body alignment, coordination, rhythm, grace and elegance, creativity, musicality and self-expression. Classes include elementary choreography, dancing with ball and ribbon, stretching and musical accomplishment.* The instructor is a former Russian Olympic coach and rhythmic gymnast. She is also a professional member of USA Gymnastics and a graduate of the USA Gymnastics National Safety Certification Program.

*Class content is changed each session. Clothing Requirement: Black leotard and black pants (jazz pants or any lycra pants) and ballet shoes.

Instructor: A. Zubkis
Fee: \$69 Resident
\$86 Non-Resident

Girls/Women
Ages: 5-6

Loma Verde
#6140.321 Mon 4:00 - 4:50 pm
Veterans
#6140.311 Fri 4:00 - 4:50 pm

Ages: 6-8

Salt Creek
#6140.330 Wed 4:00 - 5:00 pm

Ages: 7-8

Loma Verde
#6240.321 Mon 5:00 - 5:50 pm
Veterans
#6240.311 Fri 5:00 - 5:50 pm

Ages: 8-Adult

Loma Verde
#6340.321 Mon 6:00 - 6:50 pm
Veterans
#6340.311 Fri 6:00 - 6:50 pm

Ages: 9 and over

Salt Creek
#6140.334 Wed 5:00 - 6:00 pm

Cardio Salsa

This cardio class utilizes salsa, Meringue, Cha Cha, and more to give you a great workout while learning Latin dance moves.

Instructor: T. Beyers
Fee: \$29 Resident
\$35 Non-Resident

Ages: 14-Adult

Montevelle
#4111.350 Tues 6:30 - 7:30 pm

Full Body Strength and Conditioning

This fusion of body conditioning with pilates will improve your flexibility, agility, and posture while toning your abs and thighs. Mat required.

Instructor: F. Alvarez

Fee: \$40/Month or \$7/Class Resident
\$49/Month or \$9/Class Non-Resident

Ages: 16 and over

Montevelle
#4101.350 Tues, Thurs 8:00 - 9:00 am
Classes start Aug 8

Montevelle
#4101.351 Tues, Thurs 8:00 - 9:00 am
Classes start Sept 5

Montevelle
#4102.350 Tues, Thurs 8:00 - 9:00 pm
Classes start Aug 8

Montevelle
#4102.351 Tues, Thurs 8:00 - 9:00 pm
Classes start Sept 5

Step and Sculpt

This fun and energetic class combines easy to follow step aerobics with strength conditioning using resistance bands. Perfect to slim and tone all over! Appropriate for all levels.

Instructor: L. Bernick

Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: 16 and over

Montevelle
Tues 8:15 - 9:00 am
#4310.350 July **#4310.351** Aug

#4310.352 Sept

Salt Creek
Mon, Wed 1:15 - 2:00 pm
#4311.332 July **#4311.333** Aug

#4311.334 Sept

Dyno-Might

Run, hop, skip, jump, kick and shoot your way into an introduction of new and exciting games from "Around the World."

Fee: \$25 Resident
\$31 Non-Resident

Ages: 6-10

Salt Creek
#4622.333 Tues 5:00 - 5:50 pm



Classes are from July 10 - September 3
(8 weeks unless otherwise noted)

Cardio Kickboxing

Aerobic kickboxing is combined with basic bootcamp-style drills to create a class that will leave you feeling empowered. Slim down and tone your entire body. Appropriate for all levels.

Instructor: L. Bernick

Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: 16 and over

Montevale

Wed	10:30 - 11:15 am
#4311.350 July	#4311.351 Aug
#4311.352 Sept	

Hard-Core Abs

This fun and challenging class is exactly what you need to whip your mid-section into gear for summer! Learn dynamic and innovative ways to flatten and tone your stomach. Appropriate for all levels.

Instructor: L. Bernick

Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: 16 and over

Montevale

Wed	11:15 - 11:45 am
#4312.350 July	#4312.351 Aug
#4312.352 Sept	

Just Playin' Fun

Explore the excitement of exercise through play with a broad introduction to indoor and outdoor cooperative games. All games are staff directed and facilitate positive social development.

Fee: \$25 Resident
\$31 Non-Resident

Ages: 10-14

Salt Creek

#4620.333 Tues 4:00 - 4:50 pm

summer camps

There will be no camp Tuesday, July 4.

Basketball Camp

Open to boys & girls entering grades 3-9.
Parkway Gym or Salt Creek (619) 691-5084.

Fee: \$40 Resident
\$50 Non-Resident

Session 1: June 26-30 Parkway
#8301.301 9:00 am - 12:00 pm

Session 2: July 10-14 Salt Creek
#8301.302 9:00 am - 12:00 pm

Session 3: July 17-21 Parkway
#8301.303 9:00 am - 12:00 pm

Session 4: Aug 7-11 Salt Creek
#8301.304 9:00 am - 12:00 pm

Soccer Camp

Open to boys & girls entering grades 3-9.
Soccer fields at the Chula Vista Community Center (619) 691-5084.

Fee: \$40 Resident
\$50 Non-Resident

Session 1: June 26-30
#8303.301 9:00 am - 12:00 pm

Session 2: July 24-28
#8303.302 9:00 am - 12:00 pm

Session 3: July 31 - Aug 4
#8303.303 9:00 am - 12:00 pm

Volleyball Camp

Open to boys & girls entering grades 5-12.
Parkway Gym or Salt Creek, (619) 691-5084.

Fee: \$40 Resident
\$50 Non-Resident

Session 1: July 3-7 Salt Creek
#8304.301 9:00 am - 12:00 pm

Session 2: July 10-14 Parkway
#8304.302 9:00 am - 12:00 pm

Session 3: July 24-28 Parkway
#8304.303 9:00 am - 12:00 pm

Session 4: July 31-Aug 4 Parkway
#8304.304 9:00 am - 12:00 pm

Baseball/Softball Camp

Open to boys & girls entering grades 3-9.
Softball fields at the Chula Vista Community Center (619) 691-5084.

Fee: \$40 Resident
\$50 Non-Resident

Session 1: July 10-14
#8302.301 9:00 am - 12:00 pm

Session 2: July 17-21
#8302.302 9:00 am - 12:00 pm

Session 3: Aug 7-11
#8303.303 9:00 am - 12:00 pm

Lacrosse Camp

Open to boys & girls entering grades 3-8.
Soccer fields at the Chula Vista Community Center (619) 691-5084.

Fee: \$40 Resident
\$50 Non-Resident

Session 1: July 10-14
#8306.301 9:00 am - 12:00 pm

Session 2: July 24-28
#8306.302 9:00 am - 12:00 pm

Indoor Soccer Camp

Open to boys & girls entering grades 3-9.
Speed Soccer arena at Salt Creek, (619) 691-5084.

Fee: \$40 Resident
\$50 Non-Resident

Session 1: July 3-7
#8307.301 9:00 am - 12:00 pm

Session 2: July 10-14
#8307.302 9:00 am - 12:00 pm

Archery Camp

Campers will earn the fun and growing sport of archery. Equipment and basic instruction will be provided.

Instructor: T. Robey

Fee: \$50 Resident
\$62 Non-Resident

June 19-23 Paseo Del Rey Park
#5548.389 Mon-Fri 9:00 - 11:00 am

Tennis Camp

A tennis racquet, three tennis balls, a snack and water are required for all participants to bring to class.

Tennis Pro: J. Villanueva

Fee: \$110 Resident
\$137 Non-Resident

Ages: 7-15

Session 1: June 19-23 Marisol Park
#5561.381 9:00 am - 12:00 pm

Session 2: June 26-30 Marisol Park
#5561.382 9:00 am - 12:00 pm

Session 3: July 3-7 Salt Creek
#5561.333 9:00 am - 12:00 pm

Session 4: July 10-14 Salt Creek
#5561.334 9:00 am - 12:00 pm

Summer Classes



summer camps

specialty camps

Heritage Summer Community Day Camp

Enjoy arts, crafts, games, field trips, and more. Space is limited. Morning extended care is available from 7:30-8:30 am for an additional \$10 per week.

Ages: 6-12

El Cajon Boardwalk June 19-23

Fee: \$130 Resident / \$163 Non-Resident
#9100.301 8:30 am - 4:30 pm

Knott's Soak City USA June 26-30

Fee: \$130 Resident / \$145 Non-Resident
#9100.302 8:30 am - 4:30 pm

Peter Piper Pizza July 3-7

Fee: \$110 Resident / \$120 Non-Resident
#9100.303 8:30 am - 4:30 pm

Legoland July 10-14

Fee: \$130 Resident / \$145 Non-Resident
#9100.304 8:30 am - 4:30 pm

Loma Verde Community Day Camp

Eight one-week sessions with a different theme each week. Extended care available from 7 - 9 am and 4 - 6 for an additional \$30 per week. For more information, please call (619) 691-5082 or visit us at 1420 Loma Lane.

Cruisin' in Cali

Del Mar Fair June 26-30

Fee: \$110 Resident / \$130 Non-Resident
#9100.321 9:00 am - 4:00 pm

Let's Play

Peter Piper Pizza/

Brunswick Bowling July 3-7

Fee: \$95 Resident / \$115 Non-Resident
#9100.322 9:00 am - 4:00 pm

The Deep Blue Sea

Huck Finn Fishing Trip July 10-14

Fee: \$135 Resident / \$162 Non-Resident
#9100.323 9:00 am - 4:00 pm

Wild, Wild West

Knott's Berry Farm July 17-21

Fee: \$130 Resident / \$155 Non-Resident
#9100.324 9:00 am - 4:00 pm

Game On

Boomer's Family

Fun Center July 24-28

Fee: \$110 Resident / \$130 Non-Resident
#9100.325 9:00 am - 4:00 pm

Fun In The Sun

Knott's Soak City

July 31-Aug 4

Fee: \$110 Resident / \$130 Non-Resident
#9100.326 9:00 am - 4:00 pm

The Red Carpet

El Cajon Boardwalk

Aug 7-11

Fee: \$110 Resident / \$130 Non-Resident
#9100.327 9:00 am - 4:00 pm

Tomorrow Land

Disneyland

Aug 14-18

Fee: \$130 Resident / \$155 Non-Resident
#9100.328 9:00 am - 4:00 pm

Monteville and Salt Creek Community Day Camp

Field trips, staff directed indoor and outdoor games, arts and craft projects and movies will be offered to all participants in camp. Please bring sun block, a snack, plenty of water and a brown bag lunch daily as we blast into summer camp. Camp T-shirts are included with weekly fee and will be distributed prior to field trip day.

Junior Camp Counselors

Kids 12-14 will be considered junior camp counselors. They will enjoy all of the great camp activities while getting valuable experience assisting staff. Counselors will earn valuable community service credit.

Ages: 6-14

Amazing Animals

Salt Creek

Del Mar Fair

June 19-23

Fee: \$130 Resident / \$163 Non-Resident
Session 1 #9200.350 9:00 am - 4:00 pm

All American Week

Salt Creek

Padres Game

June 26-30

Fee: \$130 Resident / \$163 Non-Resident
Session 2 #9200.351 9:00 am - 4:00 pm

Aqua Fest

Monteville

Crown Cove

Aquatic Center

July 3-7

Fee: \$130 Resident / \$163 Non-Resident
Session 3 #9200.352 9:00 am - 4:00 pm

Summer Splash Week

Monteville

Knott's Soak City USA July 10-14

Fee: \$130 Resident / \$163 Non-Resident
Session 4 #9200.353 9:00 am - 4:00 pm

Extended Day is available to all campers:
AM extended day 7 - 9am,
\$10 per child per week.

PM extended day 4 - 6 pm,
\$10 per child per week.

Registration for specialty camps begins May 22, 2006.
(619) 691-5276 for more info.

Camp Hawaii

Learn about the culture, language, dances, and food of Hawaii and many other islands.

Instructor: M. Tuminting

Fee: \$100 Resident
\$120 Non-Resident

Ages: 7-14 June 19-23

Chula Vista Youth Center

#5548.383 Mon-Fri 9:00 am - 12:00 pm

Hip Hop Dance Camp

Learn the latest dance moves and techniques from a professional dancer in a fun and enriching environment.

Instructor: C. Perez and Staff

Fee: \$45 Resident
\$55 Non-Resident

Ages: 7-14 June 19-23

Chula Vista Youth Center

#5548.385 Mon-Fri 2:00 - 4:30 pm

Table Tennis/Ping Pong Camp

This camp is for all levels of table tennis/ping pong players. Participants will also meet and play with nationally ranked table tennis players.

Instructor: B. Reed

Fee: \$64 Resident
\$79 Non-Resident

Ages: 8-14 June 19-23

Chula Vista Youth Center

#5548.382 Mon-Fri 9:00 am - 12:00 pm

Karate Camp

This camp provides an excellent exposure to karate fundamentals.

Instructor: J. Hickman

Fee: \$40 Resident
\$49 Non-Resident

Ages: 6-13 June 26-30

Chula Vista Youth Center

#5548.386 Mon-Fri 1:00 - 4:00 pm

Youth Sports



The purpose of the Youth Sports Program is to teach youngsters the fundamentals of the sports offered. All activities are open to both experienced as well as inexperienced players. Instruction is coordinated to allow all players to learn the same basic skills. The primary goal of the youth program is to encourage participation and sportsmanship. All participants, parents and guests are expected to adhere to the code of conduct distributed with league materials and posted at all facilities.

For information concerning activities or financial assistance, call 691-5084.

Parkway Gymnasium

James Northum
Recreation Supervisor II

385 Park Way
(619) 691-5084

Throughout the year, Parkway Gym offers a variety of athletic activities for youths and adults. Equipment is available through a checkout system.

Summer Gym Schedule

Sun	Open Basketball	12:00 - 4:45 pm
Mon	Open Basketball	2:00 - 6:00 pm
	Badminton	6:00 - 9:45 pm
Tues	Open Basketball	2:00 - 6:00 pm
	Open Volleyball	6:00 - 9:45 pm
Wed	Open Basketball	2:00 - 6:00 pm
	Men's Basketball Leagues	6:00 - 9:45 pm
Thurs	Open Basketball	2:00 - 6:00 pm
	Open Volleyball	6:00 - 9:45 pm
Fri	Open Basketball	2:00 - 9:45 pm
Sat	Youth league play only	

Note: The gymnasium schedule may vary depending on programming requirements and special events conducted by the City. Scheduling can be verified by contacting the Gym Office.



Girl's Volleyball Workshop

We are now offering clinics for both the west side and east side of Chula Vista.

West Side

This program is for girls in grades 6-8. The workshop will meet on Wednesdays from 6:30 - 8:30 pm at the Chula Vista Community Youth Center and on Saturdays from 9:30 - 11:30 am at Parkway Gym. Sept 13 - Nov 11.

East Side

This program is for girls in grades 6-8. The workshop will meet on Thursdays from 6:30 - 8:30 pm at the Monteville Recreation Center and on Saturdays from 1:00 - 3:00 pm at Salt Creek Recreation Center. Sept 12 - Nov 11.

Mail-in Registration: Aug 7 - 19
Walk-in Registration: Aug 28 - Sept 16
Parkway Gym, Mon - Fri, 2:00 - 7:00 pm

Registrations post marked before August 7 and after August 19 will not be accepted. Space is limited!

Fees: \$30 Resident
\$38 Non-Resident

Checks payable to: City of Chula Vista

Youth Sports Certification Program

This free program is designed to prepare youth for employment with the City's Recreation Department. Participants learn to operate scoreboards and timing equipment, and develop an understanding of fundamental rules and regulations of various athletic activities. The program



combines classroom training, hands-on experience, and job preparation through an internship program.

Call the Athletics Office at (619) 691-5084 for more information.

WE NEED VOLUNTEER COACHES!

The Athletics Section is currently recruiting volunteers to serve as coaches for the youth winter basketball program. Training is provided. All volunteer coaches are fingerprinted and screened by the Department of Justice in accordance with California State law. Interested individuals, please call (619) 691-5084.

Mail-in Registration

These activities have separate registration forms that may be picked up at any Recreation Center in the City of Chula Vista. The forms are available one week prior to the start of mail-in registration. Please DO NOT register using the forms in this brochure.

Walk-in Registration

All registrations for youth sports programs will be taken on the dates specified for each activity at:

Parkway Gymnasium, 385 Park Way
Monday - Friday 2 - 7 pm

Online Registration

Register for selected activities via the Internet. Please go to: www.chulavistaca.gov/rec for more info.

All registrations are processed on a first come, first served basis. There are NO REFUNDS for these activities. Financial assistance is available on a limited basis.

Adult Sports



Adult Leagues

(619) 691-5269

Ted Nelson, Recreation Supervisor III
Tim Farmer, Recreation Supervisor II

Registration will be held at the Monteville Recreation Center for the following leagues on the dates indicated. Informational meetings will be held after the registration period. Individual players may contact the Athletics office to be included on a player referral list given to teams needing players. Placement is not guaranteed, but every effort will be made to place interested individuals on teams. Note: league entry fees subject to change.

Co-ed, Men's, and Women's Slow-Pitch Softball

Registration begins August 7, 2006

Games played weeknights at Veterans, Discovery, Eucalyptus, Rohr, Monteville, and Chula Vista Community Parks beginning the week of October 2, 2006.

Entry Fees: per team
8-10 game schedule
\$380 Resident \$500 Non-Resident

Men's 5-on-5 Flag Football

Registration begins August 7, 2006

Games will be played Tuesday nights under the lights at Monteville Park beginning October 3, 2006.

Entry Fees: per team
8-10 game schedule
\$300 Resident \$410 Non-Resident



Men's Fall Basketball

Registration begins August 7, 2006

Games will be played at the Monteville Recreation Center on Wednesday evenings beginning October 4, 2006.

Entry Fees: per team
8-10 game schedule includes referees
\$410 Resident \$515 Non-Resident

40+ Men's Fall Basketball

Registration begins August 7, 2006

Games will be played at the Salt Creek Recreation Center on Wednesday evenings beginning October 4, 2006.

Entry Fees: per team
8-10 game schedule includes referees
\$410 Resident \$515 Non-Resident

Co-ed Fall Volleyball

Registration begins August 7, 2006

Games will be played at the Salt Creek Recreation Center on Tuesday evenings beginning October 3, 2006.

Entry Fees: per team
8-10 game schedule includes official
\$180 Resident \$210 Non-Resident

Men's, Women's, and Co-Ed Arena Soccer

Registration begins August 7, 2006

Games will be played at the Salt Creek Community Center Soccer Arena beginning October 2, 2006.

Entry Fees: per team
8-10 game schedule
\$400 Resident \$460 Non-Resident

Co-Ed Kickball

Registration begins August 7, 2006

Come play the game you fell in love with in elementary school. Games will be played at Discovery Park on Tuesday nights beginning October 3, 2006.

Entry Fees: per team
8-10 game schedule includes umpire
\$300 Resident \$420 Non-Resident

Adult Dodgeball

Registration begins August 7, 2006

Join the hottest craze in America and get ready to dodge, dive, dip, duck, and dodge. Games will be played on Monday nights at the Monteville Community Center beginning October 2, 2006.

Entry Fees: per team
16-20 game schedule includes officials
\$180 Resident \$210 Non-Resident

Senior Softball

Softball activities for players ages 50 and older are conducted weekly at Eucalyptus Park, located at Fourth Avenue and C Street.

Practice 50 and over
Mon 9:00 am - 12:00 pm

Competitive League 55 and over
Tue, Fri 9:00 am - 12:00 pm

Recreational League 50 and over

For further information, please call Roger Delisle at 422-4551.

Walking/Running Club at City Parks

A variety of walking/running courses in the City have been mapped out. Choose a City Park to walk/run in. We will provide a map with mileage markers. Walkers and runners are encouraged to time their courses and complete them in progressively faster times.

Examples of courses: Rohr Park, Sunset View Park, Discovery Park, Bonita Long Canyon, Explorer Park, Marisol Park, Sunbow Park, Sunridge Park, Santa Venetia.

All ages are welcome to participate. Report your mileage to Parkway Gym.

School Programs



Middle School

Rosemary Brodbeck
Recreation Supervisor II
(619) 691-5052

Club TC (Teen Connection) After School Program

The Chula Vista Recreation Department, in conjunction with the Sweetwater School District, is conducting after school programs at two middle schools in the city. The program is additionally funded by the Critical Hours Grant and is FREE to participants. Activities include: sports, crafts, homework help, games, special events, field trips, specialized classes, and much more.

Eastlake Middle School

Mon - Fri 3:15 - 5:15 pm

Rancho Del Rey Middle School

Mon - Fri 3:15 - 5:15 pm

Elementary School



DASH (Dynamic After School Hours)

Ages: 1st - 6th Grade

The City of Chula Vista, in cooperation with the Chula Vista Elementary School District, conducts the DASH Program at 25 elementary school playgrounds. DASH offers sports clinics (soccer, track and field, lacrosse, and field hockey), arts and crafts, cooperative/initiative games, and traditional playground games.

DASH program leaders conduct structured activities for approximately 50 children each day. The program operates Monday through Friday, on school days only, for 2 hours from the lower grade dismissal time. The program runs for 3 hours on schools' regularly scheduled minimum days.

New enrollment procedures for DASH will start this school year. A lottery system will be implemented, beginning with the year-round schools in July. As soon as updated information is available, it will be posted on the Library's website: www.chulavista.library.com.

For more information, please contact DASH Program Supervisors, Keith Quigley at (619) 585-5730, Audra White at (619) 585-5730, or Celica Leon at (619) 585-5756.

Allen
Arroyo Vista
Casillas
Clear View
Cook*
Discovery
Chula Vista Hills
EastLake
Halecrest
Hedenkamp
Heritage
Hilltop*
Kellogg
Liberty
Marshall
McMillin
Olympic View
Parkview
Palomar*
Greg Rogers
Rosebank
Salt Creek
Tiffany
Valle Lindo*
Veterans

*DASH Plus sites: these sites offer expanded hours and programming, including homework centers, thanks to additional grant funding.



STRETCH

(Safe Time for Recreation Enrichment and Tutoring for Children)

STRETCH is a literacy and art enrichment program offered as an extension of the school day for 1st - 6th graders. The program is a partnership between the City of Chula Vista and the Chula Vista Elementary School District.

STRETCH is designed to give an academic boost to students who need it most by providing them with a stimulating, literacy-rich after-school environment. Parents enroll their children through the participating schools. Enrollment is limited to 60-100 students per school. Waiting lists will be maintained. For more information contact the School Site Coordinators at each school or the STRETCH Supervisor, Christy Bystrak at (619) 585-5721. STRETCH is offered at the following seven schools:

Harborside
Lauderbach
Loma Verde
Montgomery
Mueller
Otay
Rice

Aquatic Programs



swimming classes

Pools will be closed Tuesday, July 4.

Swimming Class Registration

If you were unable to take advantage of our mail-in process, you can register for swimming classes on a space available basis at the pool where the class is held from June 5, up to and including the first day of the desired class.

Online Registration

www.chulavistaca.gov/rec

Refunds

Be sure to double-check your session times and dates. Transfers and refunds will not be available. Pools will be closed on July 4.

Pool Rentals

Interested in renting a pool for a private party or special function? Facility rentals are available for reasonable rates. Call your pool of choice for available times and details.

Summer Swimming Classes

Session 1	June 26 - July 7 (No classes on July 4)
Session 2	July 10 - July 21
Session 3	July 24 - August 4
Session 4	August 7 - 18
Session 5	August 21 - September 1
Weekends	July 22 - August 16 (Sat & Sun)

Parent and Tot

Ages: 9 mos.-3

Here's a great way to spend quality time with your child. Relax and provide your child basics in water adjustment and safety skills in a warm, social environment.

Session Fee: \$30 Resident
\$45 Non-Resident

Sessions 1-5	Loma Verde Pool
#7001	Mon - Fri 11:05 - 11:35 am
#7003	Mon - Fri 11:40 - 12:10 pm
#7005	Mon - Fri 5:05 - 5:35 pm
#7007	Mon - Fri 5:45 - 6:15 pm

Weekends	Loma Verde Pool
#7009	Sat & Sun 10:00 - 10:30 am
#7011	Sat & Sun 10:30 - 11:00 am

Sessions 1-5	Parkway Pool
#7002	Mon - Fri 10:30 - 11:00 am
#7004	Mon - Fri 11:00 - 11:30 am
#7006	Mon - Fri 11:30 - 12:00 pm
#7008	Mon - Fri 4:50 - 5:20 pm
#7010	Mon - Fri 5:30 - 6:00 pm

Weekends	Parkway Pool
#7012	Sat & Sun 10:05 - 10:35 am
#7014	Sat & Sun 10:45 - 11:15 am

Tiny Tots

Ages: 4-5

Water adjustment, safety skills and basic introductory swimming skills are presented in a fun, aquatic environment.

Session Fee: \$30 Resident
\$45 Non-Resident

Sessions 1-5	Loma Verde Pool
#7101	Mon - Fri 11:05 - 11:35 am
#7103	Mon - Fri 11:40 - 12:10 pm
#7105	Mon - Fri 5:05 - 5:35 pm
#7107	Mon - Fri 5:45 - 6:15 pm

Weekends	Loma Verde Pool
#7109	Sat & Sun 10:00 - 10:30 am
#7111	Sat & Sun 10:30 - 11:00 am

Sessions 1-5	Parkway Pool
#7102	Mon - Fri 10:30 - 11:00 am
#7104	Mon - Fri 11:00 - 11:30 am
#7106	Mon - Fri 11:30 - 12:00 pm
#7108	Mon - Fri 4:50 - 5:20 pm
#7110	Mon - Fri 5:30 - 6:00 pm

Weekends	Parkway Pool
#7112	Sat & Sun 10:05 - 10:35 am
#7114	Sat & Sun 10:45 - 11:15 am

Learn to Swim

Ages: 6-16

Level 1-6 swimming skills and personal safety skills for beginning, intermediate and advanced students taught by skilled and experienced instructors.

Session Fee: \$30 Resident
\$45 Non-Resident

Sessions 1-5	Loma Verde Pool
#7201	Mon - Fri 8:30 - 9:00 am
#7203	Mon - Fri 9:10 - 9:40 am
#7205	Mon - Fri 9:50 - 10:20 am
#7207	Mon - Fri 10:30 - 11:00 am
#7209	Mon - Fri 3:45 - 4:15 pm
#7211	Mon - Fri 4:25 - 4:55 pm
#7213	Mon - Fri 6:25 - 6:55 pm

Weekends	Loma Verde Pool
#7215	Sat & Sun 8:45 - 9:15 am
#7217	Sat & Sun 9:25 - 9:55 am
#7219	Sat & Sun 11:15 - 11:45 am

Sessions 1-5	Parkway Pool
#7202	Mon - Fri 8:30 - 9:00 am
#7204	Mon - Fri 9:10 - 9:40 am
#7206	Mon - Fri 9:50 - 10:20 am
#7208	Mon - Fri 3:30 - 4:00 pm
#7210	Mon - Fri 4:10 - 4:40 pm
#7212	Mon - Fri 6:10 - 6:40 pm
#7214	Mon - Fri 6:50 - 7:20 pm

Weekends	Parkway Pool
#7216	Sat & Sun 8:45 - 9:15 am
#7218	Sat & Sun 9:25 - 9:55 am
#7220	Sat & Sun 11:25 - 11:55 am

Adult Swimming Lessons

Ages: 17 & over

All skill levels. Call each pool for times.

Session Fee: \$35 Resident
\$45 Non-Resident

Single Use Pool Admission Fees

Seniors	\$2.00
Adults	\$3.00
Children	\$2.00



Quarterly Pool Passes

Passes are available, and will be sold at the beginning of each quarter. Pass fees will not be prorated.

1. January - March
2. April - June
3. July - September
4. October - December

Adult Pass Fee: \$50 Resident
\$75 Non-Resident

Senior Pass Fee: \$40 Resident
\$112.50 Non-Resident

Family Pass Fee: \$75 Resident
\$75 Non-Resident

Ten Swim Pass Fee: \$24 Adult
\$18 Senior

Annual Pass Fee: \$175 Adult Resident
\$262.50 Adult Non-Resident
\$135 Senior Resident
\$202.50 Senior Non-Resident

Lap Swim

Swimming laps is a great way to get fit. If you want to swim laps in a comfortable, outdoor, heated pool join us for Lap Swim. Bag check-in is not available during this program. (Both pools.)

Loma Verde Pool

June 26 - September 3
Mon - Fri 5:30 - 7:30 am
Mon - Fri 11:00 am - 1:00 pm
Sat & Sun 12:00 - 1:00 pm

Parkway Pool

June 26 - September 3
Mon - Fri 6:00 - 8:00 am
Mon - Fri 11:00 am - 1:00 pm
Sat & Sun 12:00 - 1:00 pm

Recreational Swim

Let the fun and splashing begin at daily recreational swim.

Loma Verde Pool

June 26 - September 3
Mon - Fri 1:00 - 3:30 pm
Sat & Sun 1:00 - 4:00 pm

Parkway Pool

June 26 - September 3
Mon - Fri 1:00 - 3:30 pm
Tue & Thu 7:30 - 9:00 pm
Sat & Sun 1:00 - 4:00 pm

Private Swimming Lessons

Want to improve your swimming skills? Private and semi-private swimming lessons are available for all ages and abilities. To reserve your class or for further information contact Loma Verde Pool at (619) 691-5081 or Parkway Pool at (619) 691-5088.

Deep Water Exercise

Looking for a no impact, cross training workout? This class uses modern water exercise methods such as walking, running and conditioning to give you a great cardiovascular workout. Perfect for everyone, regardless of swimming ability.

Instructor: P. Hagel
Resident Fee: \$30/10 swims or \$4 per visit

Non-Resident Fee: \$35/10 swims or \$5 per visit

Loma Verde Pool

Beginning June 26
M, W, F 12:00 - 1:00 pm

Water Aerobics

If you're in physical rehabilitation, have back problems, arthritis, or are looking to achieve better cardio respiratory fitness without high-impact, join us for water aerobics.

Instructor: P. Hagel
Resident Fee: \$30/10 swims or \$4 per visit

Non-Resident Fee: \$35/10 swims or \$5 per visit

Loma Verde Pool

Beginning June 26
M, W, F 11:00 am - 12:00 pm
M, W, F 7:00 - 8:00 pm

Chula Vista Diving

Competitive springboard diving for beginners and experts (no age limit.)

For more information call (619) 691-5081.

Coach: T. Crosby

Loma Verde Pool

Mon & Thu 4:00 - 5:30 pm

Guard Start

Jr. Lifeguard

Want to be a lifeguard? This training teaches safety, pool operations, pool maintenance and preventative lifeguarding. Includes classroom instruction and on-deck training.

Fee: \$70 includes T-Shirt and certificate

Loma Verde Pool

Session 1 July 10-21 3:30 - 6:30 pm

Session 2 July 24-Aug 4 3:30 - 6:30 pm

Session 3 Aug 7-18 3:30 - 6:30 pm

Parkway Pool

July 10-21 9:00 am - 12:00 pm

Loma Verde Pool

1420 Loma Lane
Chula Vista, CA 91911
691-5081

Acting Aquatic Supervisor III: Eric Bonney

Parkway Pool

385 Parkway
Chula Vista, CA 91910
691-5088

Aquatic Supervisor II (Acting):
Elizabeth Kolata

Therapeutics



Carmel Wilson C.T.R.S.
Recreation Supervisor II
(619) 409-5800

Annual \$40 Resident
Membership Fee: \$50 Non-Resident
Membership runs Sept '05 - Aug '06.
Includes a T-shirt plus discounted admission to dances, field trips and programs.
Mail fee to: City of Chula Vista
Therapeutics Section, 3554 Main Street
Chula Vista CA 91911

Want to Help?

The Therapeutics Section provides an opportunity for individuals to help with activities and programs. (619) 409-5800.

Kids Included Together (KIT)

KIT is a nonprofit organization designed to support programs that serve children with disabilities. We are pleased to announce that the City Of Chula Vista Recreation Department has been awarded Alumni Status for the upcoming year. This grant continues to provide Inclusion Aide assistance for children with disabilities.

Thursday Night Program

This drop-in program is for teens and adults with developmental disabilities. Enjoy games, sports, exercise, fitness and special events. Group meets three times per month. Call to register. See bi-monthly calendar for selected dates. **Free**

Ages: 13 - Adult No Class in August
Chula Vista Woman's Club 6:00 - 8:00 pm



Saturday Program

Saturday programs are for persons with developmental disabilities. Activities include music, arts and crafts, parties, and special events. Register no later than the Thursday before the program. Group meets two times per month. See bi-monthly calendar for selected dates. **Free**

Ages: 6 - Adult

Parkway No Class in August
Community Center 9:00 am - 12:00 noon

Mark Your Calendars for these Special Events:

Ice Cream Walk to 3rd Avenue - June 15
Summer Kick Off - June 24
Aqua Exercise Class Begins - July 10
Summer Camp Sunrise - August 21-25

Cooking Class

Join us once a month for our hands-on cooking basics while preparing food to enjoy. Nutrition education and clean-up skills are also included in this class. Registration is required. Class size is limited.

Fees: \$2 Members
\$4 Resident
\$5 Non-Resident

Ages: 6 - Adult

Parkway Community Center
June 24 12:00 - 1:00 pm
July 15 12:00 - 1:00 pm
No Class in August



Freestyle Dance Class

Learn basic hip-hop steps, line dances, and new dance steps to your favorite tunes in this 8 week class. It's a fun way to exercise! Designed for individuals with developmental disabilities. Pre-registration is highly recommended.

Fees: \$20 Members
\$24 Resident
\$30 Non-Resident

Ages: 6 and up

Chula Vista Woman's Club

Begins Weds Aug 9 6:00 - 7:00 pm

Wheely Sports

This free wheelchair sports program is designed for the active, sports-minded individual with permanent physical disabilities. Group meets three times per month. See calendar for specific dates. Call (619) 409-5800 to register.

Ages: 6 and up

Otay Recreation Center

Wed 4:30 - 6:30 pm

Sunday Leisure Bowling

Come join the Sunday Leisure Bowling crowd for our Bowling Session. Our 10-week bowling session is designed for active children, teens and adults with developmental or physical disabilities.

Fees: \$22 Members
+ \$6 weekly bowling fees.
\$25 Resident
+ \$6 weekly bowling fees.
\$31 Non-Resident
+ \$6 weekly bowling fees.

Ages: 6 - Adult

Brunswick Premier Lanes
845 Lazo Court.

Sun
June 25 - August 27



Adaptive Fitness

This morning circuit workout program is designed for individuals with physical disabilities. The center offers a variety of state-of-the-art equipment to meet fitness goals. The workouts are fun yet challenging and include strength training, toning and cardiovascular work. Registration required. Quarterly Fee (includes gym membership at Otay):

Fees: \$42 Resident
\$53 Non-Resident

Ages: 16 and up

Otay Recreation Center
Mon, Wed,
Fri 9:30 - 11:00 am

Summer Session Camp Sunrise

Camp Sunrise is a day camp for children, teens and adults with developmental disabilities and children and teens with physical disabilities. Campers will have the opportunity to develop leisure skills, socialize with peers and learn new camp activities. The camp will include arts & crafts, music, sports & games, recreational swimming, a field trip and a special lunch at the end of the week. Persons registering for camp through vendorization with the San Diego Regional Center will need to present authorization from your child's social worker upon registering, or will need to pay in full for camp

Fees: \$125 Resident
\$156.25 Non-Resident
Includes a Camp T-shirt

Ages: 6 years - adults
adults development disabilities
6-16 years physical disabilities

Loma Verde Recreation Center
Aug 21-25 9:00 am - 2:00 pm



Aqua Exercise

Join us for our Summer aqua exercise class. It's a fun way to stay in shape and have a great time in the water. This class will focus on overall body fitness, water aerobics, and water games for persons with developmental disabilities. Participants must be water safe. For more information call 409-5800.

Fees: \$20 Members
\$24 Resident
\$30 Non-Resident

Ages: 6+

Parkway Pool
July 10 -
August 28 7:00 - 8:00 pm



Junior Wheelchair Sports Camp (JAWS)

Offered by City of San Diego Park & Recreation Department Therapeutic Recreation Services in collaboration with City Of Chula Vista Recreation Department Therapeutics Section.

Fees: \$107.50 San Diego Resident
\$115.00 Non-Resident

Children and teens, ages 4-18, who have a permanent physical disability will participate in a variety of wheelchair sports along with coaches who are fellow wheelchair athletes. Participants requiring extra assistance are requested to bring an attendant. Activities will be held at North Crown Point Shores August 15 & 16, and Southwestern College August 17, 18, 19. For more information, call (619) 525-8247 or 525-8249 TDD.

Senior Services



norman park center

270 F Street 691-5086

Karen Harvell, Recreation Supervisor III
Kathy Wigginton, Recreation Supervisor II

From educational courses to health programs to exercise, there's a class or event for just about everyone at a time that fits your schedule. Classes and special interest groups include singing, yoga, creative writing, coin collecting, Tai Chi, watercolor painting, and bridge. Dancers, from beginners to advanced, will enjoy line, square, round, and ball-room dancing. To make it easy to join in, many classes have open enrollment and do not require advance registration. Go to the City's website or www.lifeoptionsouthbya.com Recreation Page to see our complete program.

Fitness Center

Take a look inside the building behind the center! We have treadmills, elliptical trainers, a stationary bike, strength equipment, and weights. Some equipment is wheelchair accessible.

Orientation and

Membership Fee: \$25 per quarter

Newcomer Orientation

Newcomer orientation takes place on the first Thursday of each month at 11am.



Volunteer Opportunities

The Senior Program has numerous opportunities for volunteers to work with staff to develop and oversee programs and services. A great opportunity! Please call Kathy Wigginton at (619) 691-5086 or (619) 409-5890

Life Options Annex

www.lifeoptionsouthbay.com

Hours: Mon/Tues/Thurs, 9am-3pm

Through the Annex and the Life Options South Bay website, people age 50 and older can learn about opportunities for civic engagement, education, recreation, health activities, and employment possibilities. The goal of this "one stop shop" is to provide persons nearing or in retirement with information and referrals and to bring community members together. We can help you get the most out of your retirement.

Sampling of Classes Offered:

AARP Driver Safety Program

Call (619) 641-7020 to register.

Session Fee: \$10

June 16 & 19 12:30 - 4:00 pm

July 19 & 21 12:30 - 4:00 pm



adult education classes

Ongoing classes through June 8.
Some classes continue through Summer.

Watercolor

Free

Mon 9:00 am

Exercise

Free

Mon - Thu 8:00 am

Yoga

Free

Fri 8:00 am
Wed 7:15 pm

Yoga

Session Fee:

\$25 per semester

Thurs 5:00 pm
Thurs 7:15 pm

World Affairs Class

Mon 10:00 am

Longevity Stick

Tues 9:00 am
Mon 1:00 pm



Casual Crafters

This craft class makes items for Community Assisted Living Facilities.

Instructor: J. Oliver
Wed 9:30 am

Tai Chi

Wed 9:00 am

Drawing and Acrylic Painting

Tues 10:00 am

Conversational Spanish

Mon, Wed
Fri 10:00 am

Spanish Language

Wed, Fri 9:45 am

Chinese Conversation

Sun 3:00 pm

Ballroom Dance Class

Fee: \$2 Resident
\$2.50 Non-Resident

Mon 1:00 pm

Country Line Dance Class

Fee: \$3 Resident
\$3.75 Non-Resident

Beginners Tues 11:00 am
Intermediate Tues 10:00 am

Strength Training

Instructor: K. Bodge
Fee: \$1 per class

Wednesdays 6:00 pm

Write Your Life Story

Designed for the older adult, structured sessions utilizing the Life Bio internet service are taught by a SeniorNet Computer Learning Center volunteer. Basic computer skills as well as typing skills are prerequisites. Registration taken only at Norman Park.

Fee: \$30

Norman Park

July 10, 17, 24, 31, Aug 7, 14 1:00 - 4:00 pm



Free Older Adult Services

Are You OK?

This program advocates independent living by reassuring participants with a regularly scheduled daily check up call.

Vial of Life

The vial is a magnetized container that adheres to the refrigerator door and designed to keep personal medical information. It can conveniently be given to emergency medical personnel or taken to a doctor.

Info, Referral & Social Services

Norman Park provides numerous services for seniors and their families through the community agencies and trained volunteers. Extensive resources and references include notary, support for the vision impaired, legal services, shared housing, Meals on Wheels, transportation services for persons with disabilities, health insurance counseling and bereavement support. Staff is available to answer your questions between 10am and Noon,



Senior Net Computer Learning Center

The Computer Learning Center offers seniors the opportunity to learn basic computer skills including surfing the Internet and word processing. More advanced classes are also available including using a computer with digital cameras, making greeting cards and sending e-mail. The annual membership fee is \$40 and includes SeniorNet.org.

Class Fees: \$20 Resident
\$25 Non-Resident

Volunteer Computer Instructors

Are you a computer whiz? The Learning Center is always looking for volunteers to teach developed lesson plans, provide technical assistance or supervise our computer labs. Classes are on-going.



Summer Schedule

For this summer's complete schedule of programs and classes, check the new Calendar of Events on the website at www.chulavistalibrary.com or pick up a copy of the library's quarterly calendar of events.

Civic Center Branch

365 F Street (619) 691-5069

Monday - Thursday 10:00 am - 9:00 pm
Friday, Saturday 10:00 am - 6:00 pm
Sunday 1:00 - 5:00 pm

EastLake Branch

1120 EastLake Parkway (619) 656-0314

Monday - Thursday 3:30 - 8:00 pm
Saturday 10:00 am - 4:00 pm
Friday, Sunday Closed

South Chula Vista Branch

389 Orange Avenue (619) 585-5755

Monday - Thursday 10:00 am - 8:00 pm
Friday, Saturday 12:00 - 6:00 pm
Sunday 1:00 - 5:00 pm

Chula Vista Literacy Team

389 Orange Avenue (619) 585-5757

Monday - Thursday 10:30 am - 7:30 pm
Friday 9:00 am - 5:00 pm

On-line Branch

www.chulavistalibrary.com

Open 24/7 includes research databases, e-books and downloadable audiobooks.

Chula Vista Heritage Museum

360 Third Avenue (619) 427-8092

Tuesday, Thursday 2:00 - 5:00 pm

Holiday Schedule

All Chula Vista libraries will be closed on:

Monday, May 29 - Memorial Day

Tuesday, July 4 - Fourth of July

Monday, September 4 - Labor Day

**CREATURE
FEATURE
@ YOUR LIBRARY**

For teens ages 13 to 18
June 12 to Aug. 5

*It's Summer Reading
Program Time!*

**PAWS,
CLAWS,
SCALES
and TALES**

For children from infants to age 12
June 17 to Aug. 12

Don't miss out on the exciting fun of the library's FREE Summer Reading Program!

Enjoy reading stories about fish and reptiles; attend great programs with magicians and animals, and earn reading rewards.

Sign up at one of Chula Vista's three library branches.

South Bay Family YMCA



southbay.ymca.org

1201 Paseo Magda
Chula Vista, CA 91910
(619) 421-8805
southbay.ymca.org

Main Facility

1201 Paseo Magda, Chula Vista 91910

Gymnastics Center and Family Sports Complex

2390 Boswell Road, Suite 300
Chula Vista 91914

Teen Center

820 Paseo Ranchero
Chula Vista 91910

Satellite Office

50 Fourth Avenue
Chula Vista 91910

Mission

The South Bay Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through development of spirit, mind, and body.

The YMCA Family

The South Bay Family YMCA is an association of people of all ages, ethnic origins, religious affiliations, and socio-economic levels who are unified by a common purpose of strengthening and enriching their mental, physical, and spiritual well-being. The South Bay Family YMCA is a fellowship based on Christian values whose mission is to provide opportunities for growth through programs, services and leadership. We do this by offering programs that:

- Develop the inner strengths and inter-personal skills of youths
- Enhance the health and fitness of children and adults
- Strengthen the family unit
- Enhance cultural diversity
- Enhance the personal lives of young and older adults

Now Open!

- New Gymnastics Center & Family Sports Complex
- New Weight Room
- New Kidz Zone
- New Multi-Purpose Room

YMCA Programs

The YMCA offers a wide variety of programs designed to build strong kids, strong families and strong communities. All of our programs are available to members and participants of all ages.

- Aquatics: swimming lessons, lap swimming, open swim, swim team, and water aerobics
- Family Childcare: before and after school on-site childcare at most Chula Vista Elementary School campuses and Early Enrichment Center
- Day Camps: school break and summer traditional and specialty day camps
- Literacy: helps children enhance their reading ability
- Teens: clubs, camps, events, service projects, sports leagues and social activities
- Fitness: group exercise, strength training and cardiovascular conditioning
- Martial Arts: Tae Kwon Do and Tai Chi
- Dance: ballet, Polynesian, jazz, hip-hop, and fitness-movement
- Gymnastics: lessons, team, tumbling, and competitive cheer team
- Sports: flag football, basketball, soccer, roller hockey, t-ball, golf, volleyball
- Active Older Adults: fitness, educational, and social
- Parent-Child: Adventure Guides
- Volunteers: several opportunities available

For more detailed information and for a free program brochure please call (619) 421-8805 or visit our website at www.southbay.ymca.org.

South Bay Family YMCA

We build strong kids, strong families and strong communities.

Executive Director

Tina Williams

Associate Executive Director

Craig Smith

Department Head

Tony Fajardo

Department Head

Sheri Greene

Department Head

Davlon Logan

Membership Director

Jason Martinez

Aquatics Director

Johanna Pope

Childcare Director

Wendi Smith

Gymnastics Director

Tina Breen

Program Registration

Leticia Puga

Youth Sports Director

Abbey Smith

Teen Director

Jeremy Jones

Administration Director

Carlos Barba

Financial Assistance

The YMCA welcomes people of all socio-economic backgrounds. Financial assistance is available for those who can demonstrate financial need and proof of residency. Funding is provided through donations to the YMCA. Confidential applications are available at the Courtesy Counter. Please allow three weeks for processing and approval.

Boys & Girls Club



serving the youth of chula vista since 1956

Welcome to the Boys & Girls Club of Chula Vista, a nonprofit, youth development organization dedicated to promoting the physical, social and educational development of children. The Club is a caring place where children can learn new skills, build self-esteem and develop values that will help them as they grow to adulthood. The Club is staffed by a number of full-time professional youth workers and volunteers who care about young people.

Who Can Join the Club?

Any boy or girl grade 1-12, ages 6-18. (Please review the following pages for programs for younger children.)

How to Join the Club

Complete a membership application for each child and present the application and the annual membership fee of \$60 to the membership clerk (special family rate available). Membership is valid for one year from the date of joining.

No child is turned away for inability to pay. Some scholarships are available.

Programs and Services

The Club offers many programs and services not listed in this brochure. Check the front desk for additional information, applications, permission slips and program schedules. Other informational flyers are also available.

Social Recreation

A variety of activities are offered each day to test the members' skills or develop new ones. Foosball, pool, and ping-pong tables are available as well as a variety of board games.

Open Door Policy

The Club has an open door policy that allows Club Members to enter or leave the Club facilities as they choose. Parents who want their child to remain at the Club must instruct their child to do so. The open door policy does not apply to Preschool or day camp programs.

Early Morning Care

Before school care begins at 6:30 am to assist those parents who work early morning shifts.

Weekly fee: \$35. For additional information and to see if your child's school is included, please call (619) 421-4011 ext. 21.

After School Transportation

Transportation and walking programs are available to students from the following elementary schools:

Castle Park
Chula Vista Hills
CVLCC
Greg Rogers
Harborside
Hedenkamp
Heritage
Lauderbach
Loma Verde
McMillin
Mueller
Otay
Palomar
Parkview
Rice
Valle Lindo

Participating members meet Club Staff at a designated area at their school and are then transported or escorted to the Club site. For fee information phone (619) 421-4011 ext. 21.

Summer Daycamp

June 14 - September 1

Daycamp provides a safe and fun program for boys and girls 6 years and up. Camp hours: 6:30 am - 2:00 pm. Campers may remain until 6:00 pm at no additional cost. Please call (619) 421-4011 ext. 21 for more information.

Fee: \$130 per week or
\$25 per day

Power Hour

"Power Hour" is a program to help members develop academic, behavioral, and social skills through homework completion. During "Power Hour" we provide one-to-one tutoring, recognition, incentives, and most importantly, we make homework fun!

Operation Connect

"Club Tech" Computer Centers offer fun and excitement at all three club sites with our new computer learning program. Members will learn the basics and more about computers and safe Internet use. Activities include using computers to enjoy music, art, and photography. Learn business skills like making presentations and internet research. Join us as we make exploring education fun.

Oleander Center

(Administration Offices and Club Site)

1301 Oleander Avenue

Chula Vista, CA 91911

(619) 421-4011

Unit Director: Sally Cross

Lauderbach Center

333 Oxford Street

Chula Vista, CA 91911

(619) 407-4774

Unit Director: Patty Brambila

Feaster-Edison Charter School

670 Flower Street

Chula Vista, CA 91910

(619) 421-4011 ext. 17

Unit Director: Danielle Harris

Hours of Operation

Monday - Thursday	2:00 - 6:00 pm
Friday	1:00 - 6:00 pm

Oleander Center

1301 Oleander Avenue, Chula Vista
(619) 421-4011

The following activities are available:

- Before school program
- After school program
- Homework center / help
- Arts & Crafts
- Woodshop
- Table tennis
- Pool
- Air Hockey
- Foosball
- Board Games and Tournaments
- Sports
- Day camp
- Computer lab

Small Wonders Preschool

(A licensed Preschool and Child Care Program; License #370806181)

The Club recognizes that the first years of life reflect the most rapid physical and mental growth of the child, requiring a wide variety of activities incorporating social and mental interaction. At Small Wonders, the child's self esteem is promoted through a stimulating environment and an individualized curriculum model. The main objective is to offer an affordable, quality childcare program designed to provide a happy, carefree environment for children ages 2 to 6 years old. Breakfast, lunch, morning and afternoon snacks are included. Information: (619) 421-4022.

Fee: \$25 registration
\$140 Full-time per week

Lauderbach Center

333 Oxford Street, Chula Vista
(619) 407-4774

The following activities are available:

- Before school program
- After school program
- Homework center / help
- Arts & Crafts
- Table tennis
- Pool
- Foosball
- Board Games and Tournaments
- Sports
- Day camp
- Computer lab

Friends 'n Pals Kindergarten

Designed to complete the kindergarten student's day, this program is available for both morning and afternoon kindergarten students. This bilingual program emphasizes social skills, movement and rhythm, science, homework help and more. Transportation to and from school is provided. Breakfast, lunch and snacks are included. This program is available for students at Lauderbach, Charter, Harborside, and Mueller schools.

Fee: \$85 per week, full time only
Summer program available.
Call for information. (619) 421-4011 x12

Summer Skate Camp

June 19-23, June 26-30

Make friends, learn tricks and get help from skating instructors. Prizes, contests, food, and fun! Age appropriate instruction on techniques and safety. Beginners welcome. Safety gear required.

Fee: \$100 per week
Call for information. (619) 421-4011 x12

Feaster-Edison Charter School

(619) 421-4011, ext. 17

Membership at this location is limited to students of Feaster-Edison Charter School.

Hours of Operation:

Monday - Friday	6:30 - 7:30 am
Monday, Tuesday,	
Wednesday, Friday	3:15 - 6:15 pm
Thursday	1:30 - 6:15 pm

Fee: \$5 per school year

The following activities are available:

- Before school care
- After school program
- Seasonal Sports
- Homework center / help
- Arts & Crafts
- Ballet / Jazz dance lessons
- Tournaments
- Life Skills groups
- Day camps

For further information, Boys & Girls Club staff members are available at the school site after school or you may call (619) 421-4011 ext. 17.

Len Moore Chula Vista Skatepark

1301 Oleander Avenue
(619) 421-4011, ext. 12

Our 55,000 square foot skatepark, including wooden half-pipe, features shaded bleachers for viewing, lights for night skating, fully-stocked skate shop, and a snack bar.

Equipment required:

Helmet, knee pads, elbow pads

Hours of Operation:

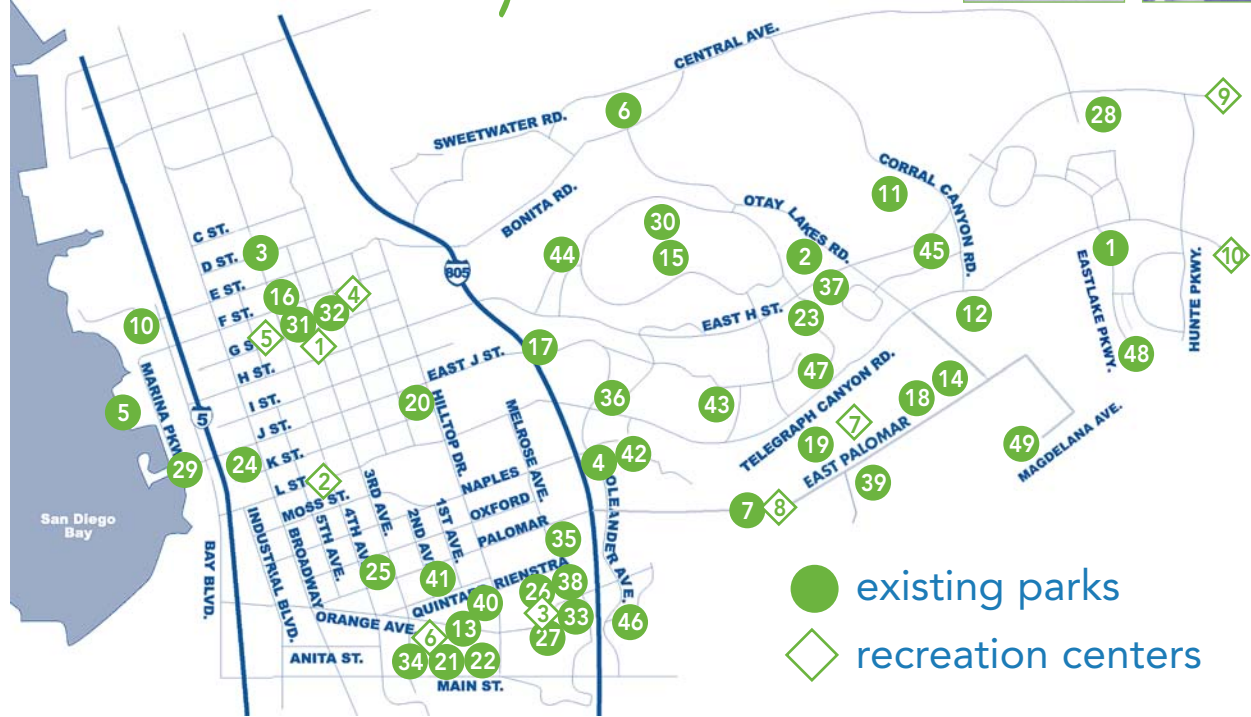
Monday - Friday	2:45 - 8:00 pm
Saturday	11:30 am - 8:00 pm
Saturday	11:30 am - 5:45 pm

Fee: \$4 Member
\$10 Non-Member

10-session pass: \$30 (Members only)
Annual Membership:
\$25 (includes programs discounts)

Skaters under 18 must have a parent or legal guardian sign the "Hold Harmless / Medical Release" in person on the first visit.

City Parks Map



● existing parks
◇ recreation centers

recreation centers

- Chula Vista Woman's Club**
357 G Street (619) 691-5083 (for info)
- Chula Vista Youth Center**
465 L Street (619) 691-5276
- Loma Verde Pool**
1420 Loma Lane (619) 691-5081
Loma Verde Recreation Center
1420 Loma Lane (619) 691-5082
- Norman Park Center**
270 F Street (619) 691-5086
- Parkway Community Center**
385 Park Way (619) 691-5084
Parkway Gymnasium
385 Park Way (619) 691-5088
Parkway Pool
385 Park Way (619) 691-5084
- Otay Recreation Center**
3554 Main Street (619) 476-5325
- Heritage Community Center**
1381 East Palomar (619) 421-7032
- Veterans Park Center**
785 East Palomar (619) 691-5260
Opening June 3
- Monteville Recreation Center**
840 Duncan Ranch Road (619) 691-5269
Opening June 10
- Salt Creek Recreation Center**
2710 Otay Lakes Road (619) 585-5739

tennis courts

Municipal Courts	# of courts	School District Courts	# of courts
Mackenzie Creek Park	2 (lighted)	Southwestern College	14 (4 lighted)
Marisol Park	2 (lighted)	Bonita Vista High	6
Eucalyptus Park	4 (lighted)	Castle Park High	6
Rancho Del Rey Park	2	Chula Vista High	6 (lighted)
Sunbow Park	3 (lighted)	EastLake High	10 (8 lighted)
Terra Nova Park	2 (lighted)	Hilltop High	6 (4 lighted)
Santa Cora	1 (lighted)	Rancho Del Rey Middle	4

municipal golf course

4475 Bonita Road (619) 479-4141
18-hole championship course, pro-shop, putting and chipping greens, driving range, carts, snack bar, club house and restaurant.

parks and open space

Adopt-A-Park Program

This year, the Public Works Operations Department began the Adopt-A-Park Program for community groups to help keep our parks safe and clean. If your group would like to help, please call Larry Eliason at (619) 397-6013 for more information.

An Open Space Hotline, (619) 397-6016, is available to address open space concerns outside normal business hours. The hotline will record non-emergency open space concerns before 8:00 am or after 5:00 pm and on weekends.

To report and register concerns regarding City Open Space during regular business hours, please call (619) 691-5027. Emergency calls outside regular business hours, 8:00 am - 5:00 pm, Monday through Friday, should be directed to the Police Department at (619) 691-5151. The Police Department will contact staff on emergencies.

community park areas

[illegible]

10.	Bay Boulevard Park, F Street & Bay Boulevard	1.5
11.	Bonita Long Canyon Park, 1745 Coltridge Lane	10.9
12.	Breezewood Park, 1091 Breezewood Dr.	2.5
13.	Connoley Park, 1559 Connoley Avenue	0.7
14.	Cottonwood Park, 1778 East Palomar Street*	6.6
15.	Explorer Park, Rancho Del Rey Pkwy & Norella St.	5.6
16.	Friendship Park, Fourth Avenue & F Street	4.0
17.	Gayle L. McCandliss Park, 415 East J Street	3.1
18.	Harvest Park, 1550 East Palomar*	6.8
19.	Heritage Park, 1381 Palomar Street*	10.1
20.	Hilltop Park, 780 Hilltop Drive*	9.3
21.	Holiday Estates I, 27 Connoley Circle	0.2
22.	Holiday Estates II, 1637 Connoley Avenue	0.2
23.	Independence Park, 1248 Calle Santiago	12.8
24.	Lancerlot, 750 K Street	0.1
25.	Lauderbach Park, 333 Oxford Street	3.9
26.	Loma Verde Park, 1420 Loma Lane	6.2
27.	Los Niños Park, 150 Teal Street	5.1
28.	MacKenzie Creek Park, 2275 MacKenzie Creed Rd.*	6.8
29.	Marina View Park, 900 Marina View Parkway**	4.5
30.	Marisol Park, 916 Rancho Del Rey Parkway*	5.0
31.	Memorial Park, 373 Park Way	7.8
32.	Norman Park, 270 F Street	1.5
33.	Orange Avenue Fields, 160 East Orange Avenue	4.0
34.	Otay Park, 1613 Albany Avenue	4.2
35.	Palomar Park, 1359 Park Drive	2.7
36.	Paseo Del Rey Park, 750 Paseo Del Rey	9.0
37.	Rancho Del Rey Park, 1131 Buena Vista Way	9.2
38.	Rienstra Ballfields, 1500 Max Avenue	7.1
39.	Santa Cora Park, 1365 Santa Cora	5.7
40.	SDG&E Park, 1450 Hilltop Drive	20.0
41.	Sherwood Park, 69 Sherwood Street	0.3
42.	Sunbow Park, 690 East Naples Street	3.7
43.	Sunridge Park, 952 Beechglen	6.6
44.	Terra Nova Park, 450 Hidden Vista Drive*	17.0
45.	Tiffany Park, 1713 Elmhurst Avenue	5.3
46.	Valle Lindo Park, 545 Sequoia Drive	4.3
47.	Voyager Park, 1178 East J Street*	11.2
48.	Sunset View Park, 1390 South Greenview Drive*	11.2
49.	Santa Venetia Park, 1500 Magdelana*	7.0
50.	Harborside Park	Coming Soon
51.	Mountain Hawk Park	Coming Soon
50.	Horizon Park	Coming Soon

*Rental Reservations Available

Registration Form



FILL OUT COMPLETELY. PLEASE PRINT

ADULT LAST NAME _____ FIRST _____ MI _____

Address _____ City _____ Zip _____

Home Phone _____ Business Phone _____

E-mail (if you desire to receive Recreation Department program information): _____

How did you learn about our programs? (Please select one)

☐ Recreation brochure ☐ City Website ☐ City employee ☐ Friend ☐ Newspaper ☐ Flyer ☐ Repeat Customer ☐ Other

- Does the participant need special accommodations for a successful experience?
A two-week advanced notice is required (Check Y or N), below



PARTICIPANT INFORMATION. PLEASE PRINT

Class #	Swim Sess.	Class Title	Participant's Last Name	First Name	MI	Sex	Date of Birth	Fee	Y* N*

Please choose classes carefully, the NO REFUND Policy will be followed.

Returned Checks: There will be a minimum service charge of \$25 on all checks returned from the bank.

READ, SIGN AND DATE WAIVER BELOW. Unsigned waivers will cause your registration to be returned unprocessed.

ACCIDENT WAIVER AND RELEASE OF LIABILITY (AWRL)

TOTAL FEES DUE \$

I _____ (REGISTRANT) and I _____ *(REGISTRANTS parent or guardian), acknowledge that this activity may be an extreme test of REGISTRANT's physical and mental limits and that it could result in death, injury and property loss. Risks may derive from terrain, facilities, water conditions, weather, condition of equipment, vehicular traffic, actions of others, lack of hydration, as well as other sources. I hereby assume all risks of REGISTRANT's involvement in this activity. I certify that REGISTRANT is physically fit, has sufficiently trained for participation in this activity and has not been advised otherwise by a qualified medical person. I acknowledge that this AWRL form will be used by the city of Chula Vista and the activity holders, sponsors and organizers, in which REGISTRANT may participate and that it will govern REGISTRANT's actions and responsibilities at said activities. In consideration of REGISTRANT being permitted to participate in this activity, and on behalf of myself, my executors, administrators, heirs, successors and assigns, I hereby (A) WAIVE, RELEASE AND DISCHARGE FROM LIABILITY The City of Chula Vista and its directors, officers, employees, volunteers, representatives and agents, and the activity holders, sponsors, directors and volunteers, for the death, injury or property loss or damage of REGISTRANT or actions of any kind which my accrue to me as a result of REGISTRANT's participation in this activity; and (B) agree to INDEMNIFY AND HOLD HARMLESS the above-mentioned entities or persons from any and all liabilities or claims made by other individuals or entities as a result of any of REGISTRANT's actions during this activity except for those claims arising from the sole negligent or willful conduct of The City of Chula Vista or its agents. I hereby consent to the administering of medical treatment to REGISTRANT if deemed advisable in the event of injury, accident and/or illness during this activity. I understand that all this activity or related activities, REGISTRANT may be photographed. I agree to allow REGISTRANT's photo, video, or film likeness to be used for any legitimate purpose by the event holders, sponsors, directors and their agents or assigns. This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document and understand its content. I further certify that I am the parent or guardian of the above-named participant and that I will hold each of the above-named individuals and entities, harmless and indemnify each in the event of any loss whatsoever due to a defect in my legal capacity.

REGISTRANT's Parent or Guardian's Signature _____ Date _____

*If the participant is under 18 years of age or legally incapacitated, the parent or guardian must also sign.

Make checks payable to "CITY OF CHULA VISTA" *Individuals who do not reside within the city limits of Chula Vista must pay the Non-Resident fee listed for each class.

Failure to send correct amount could result in delay or denial of your priority class.

Send your registration to the Recreation Department for all recreational classes. Be sure to indicate session number for all swimming classes.

RECREATIONAL CLASSES

City of Chula Vista Recreation Department, 276 Fourth Avenue, Chula Vista, CA 91910 Attn: Jimmy Tollefson (Mail Stop R-107)

FOR OFFICE USE ONLY: Amount Enclosed \$ _____ CK/MO# _____ Bank # _____ City Receipt # _____

Registration Information



Online Registration

Begins June 19

The Recreation Department is continuing an online registration process for the Summer session.

Go to www.chulavistaca.gov/rec and link to online registration. Please note: A nominal, non-refundable fee is charged in addition to the class fee for the online service provided by a registration vendor. Questions? Call (619) 691-5083 for additional information.

Walk-In Registration

June 19 - July 8

Walk-in registration for summer classes will be taken on a first come, first served, space-available basis, beginning the last week of the spring session. Register Monday - Friday from 3 - 7 pm, and Saturday from 12 - 3:30 pm at the Chula Vista Community Youth Center, Heritage Park Center, Loma Verde Recreation Center, Monteville Recreation Center, Otay Recreation Center, Parkway Community Center, Salt Creek Recreation Center, and Veterans Park Recreation Center. Registration will be taken at all facilities for any class, regardless of its meeting location. Those registering will be asked to complete the registration form and provide payment in the preferred form of check or money order. Cash in the exact amount will also be accepted. Please note, on the first day of registration, June 19, all Recreation Centers will begin registration at 2 pm.

Financial Assistance

June 12 - June 30

Please note: Our application process and timelines have changed. Recreation Class Applications are available starting June 12 at Recreation Centers. A minimum of three working days is required to review application after which applicants will be notified. All Financial Assistance applicants will be required to participate in walk-in registration June 19 - July 8 and will not be registered in classes until fee balance has been paid. Swimming Classes and Camp Applications are available at Recreation centers, pools, and Parkway Gymnasium, and must be sub-

mitted no later than 14 days prior to the start of the class, camp, or activity.

Applicants for these activities will not be registered until the balance of fees has been paid. More detailed information is contained on the Financial Assistance Application Forms.

Mail-In Registration

June 19 - July 1

- The Registration Form is to be used only for the Recreation Department classes listed on pages 8-29 of this brochure.
- Do not combine with registrations for any other program or agency (youth sports, YMCA, Boys & Girls Club).
- Registration will be accepted by mail on the dates listed, on a first received, first processed, space-available basis.
- Print and fill out form completely.
- Mail-in registration is only for classes preceded by an activity number.
- Register for classes at the locations where those specific classes will be held.
- Applications postmarked before June 19 or after July 1 will be returned unprocessed.
- Send a check or money order for the total payment due payable to "City of Chula Vista."
- Separate checks for each recreation class are not required. Bankcards will not be accepted for walk-in or mail-in registration. Do not send cash.
- Individuals who do not live within the city limits of Chula Vista will be required to pay the nonresident fee listed for each class. Proof of residency may be required.
- Mail to: City of Chula Vista Recreation Dept.
Attn: Jimmy Tollefson, MS R-107
276 Fourth Avenue,
Chula Vista, CA 91910

Cancellations

A minimum number of participants is required to hold class. The Recreation Department reserves the right to cancel any class when enrollment is low. To help assure that classes have the required number of participants, please register early. An automatic refund will be issued if the department cancels a class.

Refunds and Transfers

Refunds are not issued unless classes are cancelled. Refunds will be processed and mailed approximately 3-4 weeks after classes begin. Transfers and/or credits may be approved under certain limited conditions. Online registration processing fee is non-refundable.

Want to Teach a Class?

The Recreation Department is always searching for qualified instructors to teach new or existing classes. If you are interested in being a contractual instructor, contact the corresponding center supervisor.

Community Youth Center

Jimmy Tollefson (619) 585-5735

Heritage Park Community Center

Tony Ramos (619) 421-7032

Loma Verde Recreation Center

Sandy Chavez (619) 691-5082

Norman Park Senior Center

Karen Harvell (619) 691-5086

Monteville Recreation Center

Shaun Ellis (619) 585-5680

Otay Recreation Center

Michelle Castagnola (619) 476-5325

Parkway Community Center

Frank Carson (619) 691-5083

Salt Creek Recreation Center

Steve Scott (619) 585-5653

Therapeutic Programs

Carmel Wilson (619) 409-5800

Veterans Park Recreation Center

Victoria Tom (619) 691-5260

NOTE: Fees for classes DO NOT include any additional costs that may be required (i.e. ballet slippers, leotards, martial arts uniforms, tap shoes, etc.)